

BBC

# goodfood

January 2023  
DHS15

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Middle East

## Fresh start

- + Zingy grapefruit, prawn avocado & tamarind salad
- + Roast puttanesca aubergines with tomato rice & feta
- + Blood orange upside-down cake

Air fryer  
special

*Discover tips  
and recipes*

WINTER WARMER  
FREEZER IDEAS



CPI

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# Welcome!

**W**hat's your New Year's resolution this year? Is it to dine together as a family every evening, kickstart your clean-eating goals or cook more in 2023? My resolutions have evolved through time, from eating salads throughout the month of January to testing every fad diet out there. What works best for me is a daily walk to benefit my body and mental health, supplemented with a well-balanced, nourishing meal.



January is the month to welcome balance back into our lives. This issue is dedicated to nutrient-rich, warming foods that are healthy and flavoursome. Take your pick from easy, midweek meals featuring a nutritious prawn and filo pie (p20), slow-cooked gochujang ribs (p32), and our cover star, Zingy grapefruit, prawn avocado & tamarind salad (from p34), amongst others. The start of the year can be relatively busy for us all with school runs, budget planning and the rush of 2023 after the holidays. Our Fresh freezer ideas are best cooked in batches over the weekend, so you have global-inspired flavours to tuck into all week (p40). You can also find a host of vegetarian dishes for al fresco gatherings, family dinners and sensational desserts to suit the gorgeous weather.

The *BBC Good Food Middle East Magazine Awards 2022* took place on December 8th at The Ritz-Carlton, Dubai – turn to page 78 to find out if your favourite brands won. Stay tuned for 2023 nominations by signing up for our newsletter (on [bbcgoodfoodme.com](http://bbcgoodfoodme.com)) and get a chance to win one of our exciting raffle draw prizes.

*Have a happy, healthy and incredible year ahead!*

*Nicola Monteath*  
Editor

These are a few of  
our favourite dishes...



"This Roasted squash with chicory, goat's cheese & herby couscous is ready in 30 minutes and perfect for a heart-warming meal to curl up with."

Liz Smyth, Sales Manager



"There's nothing a bowl of ramen can't fix. I'm a huge fan of brisket and can't wait to try Ed Smith's curried brisket ramen."

Blanche D'mello, Assistant Editor



"I don't bake as often as I'd love to, but this Blood orange upside-down cake is high up on my list of things to try over the weekend."

Gill Fairclough, Sales Manager



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FOUNDER CPI MEDIA GROUP  
Dominic De Sousa  
(1959-2015)

PRINTED BY

Al Salam Printing Press LLC

PUBLISHED BY



Head Office:

Office 1307, DSC Tower, Dubai Studio City,  
Dubai, United Arab Emirates, PO Box 13700  
Tel: +971 4 568 2993

Email: info@cpimediagroup.com

A publication licensed by Dubai Production City, DCCA

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www.cpimediagroup.com

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BBC Good Food ME magazine is published by CPI Media Group under licence from Immediate Media Company Limited, Vineyard House, 44 Brook Green, Hammersmith, London W6 7BT.

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## Our recipe descriptions

**V** Suitable for vegetarians.

**❄️** You can freeze it.

**❄️** Not suitable for freezing.

**Easy** Simple recipes even beginners can make.

**A little effort** These require a bit more skill and confidence – such as making pastry.

**More of a challenge** Recipes aimed at experienced cooks.

**Low fat** 12g or less per portion.

**Low cal** 500 calories or less per main.

**Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

**Good for you** Low in saturated fat, low in salt.

**Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

**1 of 5-a-day** The number of portions of fruit and/or veg contained in a serving.

**Vit C** **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

**GLUTEN FREE** Indicates a recipe is free from gluten.

**Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:**

**P** Contains pork.



# gf YOUR SAY

We love hearing from you!



## STAR LETTER



December was the most wonderful time of the year, and in the UAE, we had even more to celebrate. With National Day, Christmas festivities, end-of-trimester school closures and expectations for the new year ahead, the UAE comes to life with celebrations and joy at the end of the year. The December magazine was filled with amazing ideas to plan wonderful get-togethers. I simply loved the variety of festive recipes and in particular, the *Must have trimmings and Microwave sides*. I'm always looking for interesting accompaniments to my mains and there were a host of ideas in this issue.

**Bibi Bulbula**



The secret ingredient in baking is always love. Baking is bonding time for my sons and me. *Family Christmas Baking* in the December issue was a wonderful read. We usually find simple bakes that we can do together without much fuss. I love the extra help that they offer me, and they love the moment the cake can be popped into the oven because that's when they get to lick up the leftover batter.

**Aysa Wade**



I love your magazine the most in December. Every month it has delicious and tempting recipes, but in December, it's special with the festive display of the dishes. What could be a better celebration than cooking with the family and enjoying the same with them? It puts everyone in the mood to be a part of it. The recipes are easy to follow and the ingredients are easily available here in the UAE. Normally, one would miss their mother's cooking, especially during Christmas but it's like this magazine is filled with all those recipes. It's like the magazine is sent directly from heaven and written by the lovely departed mums.

**Alex D'souza**

# WIN!

**A LUXURY STAYCATION AT DELTA HOTELS JUMEIRAH BEACH DUBAI, WORTH AED2,000**

Delta Hotels Jumeirah Beach Dubai, located between The Walk, JBR and Dubai Marina, provides a range of rooms and suites, as well as an outdoor swimming pool, fitness centre, and four restaurant venues. Enjoy a one-night stay in a stunning suite and dine at the gourmet restaurant Jones the Grocer, to explore its walk-in cheese room, exceptional Viennoiseries, freshly baked breads, and more.

To send in your Star Letter and win this prize, visit the Competitions page on [bbcgoodfoodme.com](http://bbcgoodfoodme.com)



## TALK TO US!

Email us on [feedback@bbcgoodfoodme.com](mailto:feedback@bbcgoodfoodme.com) with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:



Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.





It's much easier to start a new year off on the right foot when you have your favorite kitchen essentials.

Available from SIMPLY KITCHEN stores in Dubai Hills Mall, Mall of the Emirates, City Centre Zahia, Ibn Battuta Mall, Dubai Festival Plaza, Yas Mall, Dalma Mall and Manar Mall & THINK KITCHEN stores in Dubai Festival City, Dubai Mall, Mushrif Mall, Marina Mall Abu Dhabi, Bawadi Mall, Bawabat Al Sharq Mall and BHS Al Ain store.

 Simply Kitchen Stores  [simplykitchenstores](https://www.instagram.com/simplykitchenstores)





# NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



## AT-HOME DINING SOLUTION

Nafas Beirut has launched in Dubai. The concept by Black Spoon Group, which operates a number of award-winning and Michelin Bib Gourmand restaurants, comes off the back of Allo Beirut, a homegrown Lebanese street food restaurant. Offering a wide range of cold and hot appetizers, wholesome feasting trays, traditional main courses, as well as a variety of live cooking stations including Shawarma, Saj, Falafel and BBQ, the offerings are available in portions serving 4, 8 and 12 people. Customers can personalize their menu by selecting from the available vegetarian and non-vegetarian options. Dishes include Hummus, Muttabbal, Tabbouleh, Sambousek, and Kibbeh Balls, to name a few, while the Feast trays include Vine leaves and Marrow with cutlets, Oriental chicken, Kebbeh Arnabieh and Shakrieh with whole lamb chunks, amongst others.

Call 800 96234788.



Need a last-minute gift option for Orthodox Christmas or Chinese New Year? Greek retail brand, carpo, unveiled two gourmet gift hampers: the Stars Red and the Carousel Hamper. The 'festive rouge' Stars Red hamper is exquisitely handcrafted with an enchanting starry, glitter design printed throughout the fabric. The Carousel Hamper features illustrations of traditional festive characters, from the nutcracker, toy soldiers, vintage trains, drums inspired by the old carol, 'Little Drummer Boy', and merry-go-round horses. Curate a hamper brimming with a wide range of seasonal products including chocolate florentine cookies, sesame seed pastelis, chocolate rocks mixed with a variety of fine nuts and oat biscuits, and almond and macadamia kernels. You can also find peanut butter, almond butter, honey and pistachio condiments.

Located at Dubai Mall's Fashion Avenue.

# THE BEST BITES

## REGIONAL PARTNERSHIP



Radisson Hotel Group recently announced its cloud kitchen partnership with KRUSH Brands, the region's full-stack, fully-integrated, omnichannel food and beverage (F&B) company, to cater freshly-cooked foods for the wider community. The first location opened in Radisson RED Silicon Oasis in October 2022. Through this affiliation with KRUSH Brands, Radisson Hotel Group will amplify the dining options available to both its guests and the wider community within the Silicon Oasis district, by providing a wide array of homegrown brands including Freedom Pizza, Salad Jar, Wildflower Poke, Rumba, Viking Bageri, Goi, Coco Yogo, and Alannah's Pastry Boutique, to name a few. Additional exciting brands will be joining soon, including Inkognito Burger, Real Fried Chicken, The British Butcher, Mercato Centrale and Cosmic Wings.

## This month we love...



Upgrade your homeware for 2023 with this traditional Mexican flower shape tortilla chips bowl that's apt for gatherings at home. This ceramic piece is handmade in Mexico by Gorky Gonzalez, an internationally recognised ceramist, whose workshop has dedicated its work to rescuing the traditional majolica (glazed earthenware) of Guanajuato.

Visit [caravanaconceptstore.com](https://caravanaconceptstore.com).



## 1004 GOURMET EXPANDS TO THE CAPITAL

Asian grocery gourmet store 1004 Gourmet unveiled a brand new location on the ground floor of Shams Boutique on Al Reem Island, Abu Dhabi. Spanning 7,000 sq ft, making it a bigger kitchen than its flagship in Onyx Towers, Dubai, this outpost houses speciality coffee shop Kaffe Bloom and Korean beauty shop Lamise beauty. 1004 Gourmet provides a 360 shopping experience, allowing shoppers to also tuck into a Korean food menu featuring Bulgogi bowls, eggs sandos and speciality coffee by Fritz Coffee and The Barn Roastery. Abu Dhabi customers can experience a similar shopping experience from the flagship store which also houses a non-Muslim section, frozen foods, fresh fruits and vegetables, and aisles of snacks, noodles, sauces, condiments and crockery, catering to everyone.



## Perfect present

Looking for a gift for a coffee lover? This Kalita Wave Stainless Steel Dripper not only looks sleek on a kitchen counter or a work desk, it also boasts a flat-bottom coffee bed geometry, patented "Wave" filter, and three-hole design to provide an even extraction that makes brewing a perfect cup simple and accessible.

AED184 at [bycypher.com](https://bycypher.com)



# Sustainability matters

Chef de Cuisine Christian Bernal at Swissotel Al Ghurair, located in the heart of Deira, began his culinary journey as a Chef de Partie at Rocco Forte Hotels in Abu Dhabi, moving on to roles at Hilton Capital Grand in Abu Dhabi, Yas Island Rotana Hotel, Accor Hotels and Rotana Hotel Management. Chef Christian delivers gastronomic creations made with fresh and high-quality components, and works closely with the Executive Sous Chef, Sharif Awad to bring sustainability and craftsmanship to every artfully plated dish served

## Stuffed Chicken Roulade with Lindt Chocolate Balsamic Jus

SERVES 1 (good for 2 portions)

200g Boneless Chicken breast  
150g Unsalted butter  
150ml Cooking cream  
2 medium White onions,  
cut into small chunks  
2 medium Sweet potatoes  
2 sprigs of Fresh thyme  
4 tbsp Olive oil  
1 bar (100g) 70% mild cocoa chocolate  
5 tbsp Balsamic vinegar  
1 tbsp Parmesan  
3 pieces Baby carrots and Peas  
(blanched)  
3 slices Cucumber, peeled and swirled  
4 tbsp Pistachio (crushed)  
5-6 Parsley leaves  
Salt & Pepper  
**For the filling**  
4 tbsp Walnuts (coarsely chopped)  
2 Garlic cloves  
5-6 pcs Basil leaves (coarsely chopped)  
150g Goat cheese (chopped)

1. To make the Caramelized onion coulis, in a pot, add butter and the onions. Let it simmer for 10 minutes until the onions are cooked. Add thyme and continue to simmer for another 10 minutes. Cool down and blend until it becomes smooth in consistency. Set aside and transfer to a piping bottle.
2. Wash and peel the sweet potato to make the mash. In a pot with boiling water, add the sweet potato and boil for 30 minutes or until the sweet potato gets cooked. Grate and set aside.
3. In a hot pot, add the unsalted butter and add the grated sweet potato. Using a spatula, mix well and add cream. Season with a pinch of salt & pepper, continuously mixing until soft in consistency. Cool down

- and place in a piping bag.
4. To make the chocolate balsamic jus, bring to boil balsamic vinegar.
5. Double boil the 70% mild cocoa chocolate and let it melt. Mix the balsamic vinegar and the melted chocolate with chopped thyme and simmer for 5 minutes and set aside.
6. Cut across the chicken breast, stopping before you cut all the way through it. When you open the meat, it should have two matching sides, resembling a butterfly.
7. Slightly pound the chicken breast and add a pinch of salt & pepper to season.
8. In a mixing bowl, add the goat cheese, chopped walnuts and basil leaves and mix using a rubber spatula. Place the mixture in the middle of the pounded chicken breast.
9. By using cling film, roll the chicken forming a cylindrical shape. Tighten up both ends and set aside.
10. In a pot of boiling water, poach the chicken roulade for 20 minutes then set aside. Remove the cling film and dry the chicken roulade using a paper towel. Season.
11. In a hot pan, sear the chicken on all sides for 5 minutes. Add butter and fresh thyme and start basting the chicken with the butter. Cut into 3 equal sizes and set aside.
12. To make the Parmesan tuile, pre-heat oven to 200C. Add a heaping spoon of parmesan onto a silicone baking sheet and lightly pat down. Bake for 3-5 minutes or until golden and crisp.
13. Roll the chicken roulade cylinders in pistachio, and place the three chicken

- pieces on a plate. Drip the chocolate balsamic jus over it, and place powdered pistachio nearby for colour.
14. Use the piping bag to make small dots with caramelized onion coulis and sweet mashed potatoes. Place the Parmesan tuile in the caramelized onion coulis dots.
15. Decorate the plate with blanched peas, baby carrots, swirled cucumbers and parsley.



### What does sustainability mean to you and how did you incorporate this into the menu?

At Swissotel Al Ghurair, we try to enhance and showcase sustainability in everything we do. For me, it means actions, mindset, practices and processes that can be maintained consistently. At the workplace, we constantly track and try to adapt to our zero-wastage policy and encourage recycling wherever possible. We have our "Vitality Corner" in every buffet setup, offering fresh organic produce, homemade jams and syrups. Additionally, our team of chefs grow a herb garden, which inspires our menu and encourages a farm-to-table concept.



# Flavours of the month

What's hot and happening  
around town this month

## 👉 GORDON RAMSAY HELL'S KITCHEN, CAESARS PALACE DUBAI

Feast on a traditional British roast for a relaxed Sunday with family and friends. The Sunday lunch features the finest Prime Rib dry aged for 35 days as well as Duck fat twice roast potatoes including all the trimmings, the famed Yorkshire puddings, and lashings of gravy.

*Sundays, 12:30pm to 3:00pm. AED275 per person for two courses and AED325 per person for three courses. AED 125 per child. Visit [caesars.com/dubai](https://caesars.com/dubai).*

## 👉 PARADISO ABU DHABI



The picturesque Mediterranean hotspot on Abu Dhabi's stunning Yas Bay unveiled an exceptional à la carte menu just in time for winter. Brimming with French and Italian specialities, the menu is a collaborative project between Nicole Rubi,

the renowned chef and founder of LPM Restaurant and Bar, and Michelin-starred chef Pierre Gagnaire. At the sophisticated waterfront escape, diners can tuck into a homemade pasta selection reimagined to include Nicole's arrabbiata gnocchi, Plin plin stuffed with ricotta, and Fagotini with parmesan cream and artichokes. Seafood enthusiasts can savour fresh calamari with parsley sauce, succulent grilled king prawns, light, crisp pizza varieties and a host of desserts.

*Located at Pier 71, Yas Bay, Abu Dhabi.  
Call 050 437 2869.*





### 👉 **NOVIKOV CAFÉ**

The café's concept reimagines the traditional bistro experience with a contemporary twist. This season, tuck into a new signature menu showcasing some of Novikov's classic favourites such as the thinly sliced yellow tail, Duck salad, Asian crab salad, Alaskan king crab leg, and Strozzapreti pasta with truffles.

Call 04 320 0209.



### 👉 **OANJO**

The modern Portuguese Nikkei restaurant, on the 24th floor of Sheraton, Mall of the Emirates, stems inspiration from the rich trading history connecting the two countries back in the 16th century, when Portuguese explorers landed on the southern tip of the Japanese Archipelago. Featuring floor-to-ceiling windows, the restaurant boasts spectacular views of the iconic Burj Khalifa and Burj Al Arab, which adds further to the romantic setting. The curated menu includes the freshest Sardinhas Marinadas, Nikkei Portuguese, and authentic Bachalau a Bras. Diners can also look forward to signature concoctions and plenty of culinary highlights.

Contact 04 377 2007.

### 👉 **POOLSIDE, OCCIDENTAL SHARJAH GRAND DOWNTOWN**

Celebrate Orthodox Christmas with loved ones and relish a specially curated Christmas buffet, coupled with festive music. Little ones will get a surprise visit from Santa!

From 7-10pm. AED325 per person. AED165 for the children's package (6 to 11 years old). Contact 06 593 7979.



### 👉 **COUQLEY FRENCH BRASSERIE, PULLMAN DUBAI DOWNTOWN**

The award-winning premium-casual French restaurant, Couqley, has launched its second location in Dubai, following the success of the concept's JLT hotspot. The new spot spans over an area of 6,250 sq ft and has been designed to encapsulate the sultry spirit of a buzzing brasserie with a nod to classic Parisian charm. The brasserie will continue to offer the same weekly dining deals allowing diners to indulge in Couqley's Business Lunch, Steak Frites Mondays and Ladies' Night.

Call 04 514 9339.

### 👉 **LULU & THE BEANSTALK**



The newly opened bar, bookstore and café at ICD Brookfield Place, prides itself on its bespoke menu inspired by Mama Lulu. Discover craft concoctions, high-quality coffee, comforting small dishes and hearty sharing platters. At the core of the menu

is the founder's Black heritage which was a key source of inspiration for Chef Assal, in weaving the story behind the menu with his British background with notable elements such as Caribbean, African American and African diaspora touches across the dishes. Dishes to try are the Carpaccio Goes East with garam masala, crusted beef carpaccio, and lime, The Reef & Beef Platter stars a variety of perfectly cooked proteins, including grain-fed beef tenderloin, BBQ lobster, and favourites like macaroni cheese, onion rings, and French fries. A vegetarian highlight is the Garden Platter with moong dahl samosa, now now noodles, sweet potato patties, charred cabbage and relish, makhani dahl, paratha's, kachumber salad, and bajai kundi, in addition to Mama Lulu's Favourite Pudding made of corn milk with chocolate crumble topped with raspberry pearls and coconut sorbet.

Visit [www.lulusbean.com](http://www.lulusbean.com).





### 🔥 ROBERTO'S

Nestled at St. Regis Marsa Arabia Island, The Pearl-Qatar, the homegrown Dubai brand offers an extensive site featuring the likes of the Salotto Lounge and Terrace for casual diners, as well as a mixology and music bar with daily live entertainment. Similar to the Dubai outlet, the sprawling Piemonte expands to an al fresco dining area. For a more intimate setting, the outdoor Cortina provides breathtaking views of the surrounding marina, while the Signature Crudi Seafood Bar and Italian Butcher experiences are also present with contemporary designs that continue to evolve as the brand continues to expand. 80% of the original Dubai menu will be served, with 20% being a wide array of recently developed creations.

Contact +974 4020 4460.

GCC



### 🔥 CIPRIANI DOHA

From Venice to Doha, Cipriani has opened its doors at the North Beach Development, Diplomatic St, West Bay, bringing its iconic nautical colours, Murano glass chandeliers, blue and white terrazzo patterned floor, high gloss wood and contemporary black-and-white fashion photography to the new venue. The intimate bar and restaurant area offer stunning sea views and a menu comprising an array of Harry's Bar classics. Upstairs is a separate lounge called Socialista and a private Cuban-inspired colourful space to provide an upbeat vibe.

Contact +974 445 36111.



# Tried & tasted

Our top dining experiences this month



## BLACK FLAMINGO

Sited at Palm West Beach, the launch of the Miami-inspired Black Flamingo caused quite the rounds in the city over its picturesque interiors and flavorful culinary creations, so naturally, we wanted to take a tour of the beachfront destination. Upon entering the venue, the mesmerizing interiors are the first thing to catch your eye, with vibrant booths, a gigantic disco ball and hues of hot pink and LED lights, coupled with bold interior elements that are noticeable in every nook and corner.

### The highlights

Admittedly, we arrived at Black Flamingo early to catch the sunset while taking in the beach views - the added bonus of idyllic Instagrammable shots of the restaurant interiors surely did not disappoint. The menu boasts unique

plates from islands and cities across the Caribbean and the Americas, while dishing up an alluring Miami ambience. The menu is split into 11 parts featuring the Entradas, Wings, Tenders, Quesadillas, Ensaladas, Sandwiches and more. My dining partner and I settled into a seat on the terrace with our delectable mocktails and ordered chips served with a fresh, smooth Guacamole, followed by Beef empanadas that were juicy and an absolute delight - crisp on the outside with succulent meat on the inside, we devoured these in minutes. Since sharing-style dishes are recommended, we order Crispy squid served with a creamy aioli - add a touch of lemon for that added zest.

The Kale salad showcases a generous portion packed with crunchy textures and flavours. A healthy alternative and a great side, we kept this bowl on the table until mains were served, as it

complemented other dishes sublimely. If you do go down the taco route, try the tender Beef skirt variety. Stay wary of your fellow partner when the tacos are served, there's a high probability of the serving disappearing minutes soon after. Already quite full (while contemplating a second serving of the tacos), the gorgeous display of Seabass Frito is a substantial main, good enough for three to share, and apt for those who love fried fish. It's best consumed hot as each battered-fried piece is crisp, while the accompanying citrus cabbage and onion slaw, coriander, red habanero, guava glaze, and fried tostones, enhances the flavour of the meaty fish.

The El Mejor Coco, served in the shape of a coconut with a shell made of chocolate and coconut, is a fun, live dessert display for diners. Don't forget to get your phone out to film! Spoiler alert: Expect refreshing coconut and lime ice cream, jivara milk, vanilla crumbs, dragon fruit, coconut jelly, candied pineapple, sprinkles of toasted coconut meat and fresh coconut granita.

### Book now

Monday to Friday from 5pm-3am.

Saturday to Sunday from 1pm-3am. Call +97152 717 6464.







## THE NICE GUY

DIFC's latest culinary import The Nice Guy is an exclusive reservations-only venue, where once checked in, we were escorted through the ambient passage with candles and lush greenery, paving the way to the indoor seating area. Located in Emirates Towers, The Nice Guy also features an outdoor patio and terrace, looking out to the remarkable Dubai skyline.

My dining partner and I went in for an early dinner and were mesmerized by the opulent, masculine-led wooden interiors, an eye-catching marble and brass bar, intimate setting, and a sense of added exclusivity with no-photography permitted inside the premises.

### The highlights

The menu features a vast array of Italian delicacies such as the Lobster pizza, Shrimp scampi, and Saffron arancini, as well as the vegan-friendly Meatball pizza. Although it was quite a task to choose from the extensive selection, our server came to the rescue with splendid recommendations. We started with the signature MO's Meatballs served with spicy tomato sauce, creamy, stringy Stracciatella and grilled bread. The flavourful sauce with

meatballs pairs perfectly with the buttery grilled bread - it's no surprise it's on the highly ordered list. On the other hand, the light and crisp Italian-style Pepperoni pizza with fontina mozzarella was a melt-in-your-mouth explosion of flavours.

Although upon arrival, the place was relatively empty with only the soulful renditions of R&B tunes, scrumptious appetizers, and dim-lit interiors keeping us company, the place fills up quickly once the clock strikes 8pm. While waiting on the main course, we took a detour to the mocktails section on the menu and went for the Dusk till dawn (passion fruit, lychee, citrus and grenadine, shaken and poured with ginger ale) and Coffee & dates (cold brew concentrate, dates, and cream). Truth be told, we didn't want the drink to ever end as it was exquisite on its own but also paired well with the culinary offerings.

The hearty main course finally arrived, a marvellous Chicken parm adorned with a generous serving of marinara and creamy mozzarella to accompany the tender breaded chicken. Barely any room for dessert (but an ardent tiramisu lover), we ended the meal on a sweet note with a skillfully layered tiramisu. While the decadent dessert holds a varied preference on the creamy mascarpone filling and



ladyfingers ratio for everyone, The Nice Guy seems to find the perfect balance of the two in its serving.

The venue's enchanting and bustling atmosphere almost makes you want to hold onto savour the last bite and not want to leave. Noting how the no-photos rule stays at The Nice Guy, we can't help but wonder how the digital age holds barely any say over itself but then again, here we are raving about the restaurant through word-of-mouth.

### Book now

Thursday to Sunday from 12pm-3am.  
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## COOKING PROJECT

# Homemade gift

Spend time at the weekend making a batch of this delicious fruity beverage, then decant into bottles, wrap and give to friends and family

### Plum non-alcoholic gin

**MAKES** 1 litre **PREP** 20 mins plus  
at least one month steeping **EASY**

600g ripe plums  
150-200g caster sugar  
1 litre non-alcoholic gin

**1** Wash the plums and remove any leaves and stalks. Pierce them all over with a fork or the tip of a sharp knife, then halve (leave the stones in). Tip into a large, sterilised, sealable jar

(about 2 litres) with a wide neck – the plums should easily fit inside. Or divide between two smaller jars.

**2** Sprinkle over 150g sugar and pour in the non-alcoholic gin (reserve the bottle if you're planning to decant back into it later). Seal the lid and give the jar a good shake. Store in a cool, dark place for at least a month, giving it a shake every few days for the first week or so to mix everything together and dissolve the sugar. Check the flavour after a month and continue to infuse if you prefer a

stronger flavour – it can be left for up to three months. Or, add another 50g sugar and leave for two or three weeks if you prefer it sweeter.

**3** When you're happy with the flavour, strain through a fine mesh cloth or muslin into a clean bottle and discard the fruit (or eat the plums alongside sponge cakes or ice cream). *Store in a cool, dark place for up to two-three months.*

**PER SERVING** 67 kcal • fat none • saturates none •  
carbs 3g • sugars 3g • fibre none • protein none •  
salt none

### CHANGE IT UP

- Make a spiced non-alcoholic gin by adding a muslin bag of whole warming spices like **cinnamon sticks**, **star anise** or **mace**.
- You can switch the fruit in this depending on what's in season – **rhubarb** is a great winter choice and in summer, **apricots** or **peaches** will work well.
- Sip on its own over ice, serve in a G&T or mix with **lemon juice** and **sugar syrup** for a plum non-alcoholic gin sour.





CHRISTMAS CAKE AND CHEESE

YES, IT WORKS!

Pairing Christmas cake with cheese dates back to Victorian tradition. The sweetness of the dried fruit paired with an aged cheese is a perfect combination. We'd recommend a mild, clean and slightly sweet wensleydale or caerphilly, or a slightly stronger aged cheddar.



Christmas cake



cheese



## KITCHEN HACK

### Skimming gravy



If you want to skim the fat from your gravy quickly, pour it into a large roasting tin or baking dish and put in the freezer for 20 minutes. The gravy will cool down very quickly and you will be able to scoop off the solidified fat more easily.



## MYTH BUSTER

# Roasting potatoes

### TRUE OR FALSE?

**ROAST POTATOES NEED TO BE BOILED FIRST UNTIL COMPLETELY COOKED**

We don't dispute that this method makes for golden and crisp roasties, but it also leaves plenty of room for disasters. The more you boil the potatoes, the more likely they are to break up and become mushy, absorbing more of the oil in the tray when roasting. It's best to boil them for less time (between two-five

minutes), starting with cold, salted water. This way, they'll be much easier to handle. You don't need to ruffle potatoes in a colander after draining to get that crunchy exterior either. You'll get the same results without doing so and the potatoes might break into pieces if you shake them in the colander.



# 6 New year, fresh start easy ways to refresh your food routine

by ANNA LAWSON

Stuck in a food rut? Forget unattainable goals – we share six ways to gently shake up how you cook, eat and drink this year, from eating more mindfully, to trying new ingredients. Lift your mood, improve your health or sharpen your kitchen skills with these tips



**1 PRACTICE MINDFUL EATING**  
Mindful eating is rooted in the Buddhist practice of mindfulness, and involves giving your full attention to your food in the moment, without external distractions. This is particularly supportive of the cephalic phase of digestion, the stage in which your stomach prepares its digestive juices in response to the sight, taste or smell of food.

**Mindful eating basics:**

- Slow down and remove all distractions while eating.

- Pay attention to your hunger cues and ask yourself, 'Am I eating out of habit, boredom or true hunger?'
- Engage your senses: notice the colours, textures, flavours and smells on your plate.
- Ask yourself, 'How do I feel after eating this? Do I feel satisfied and energised, or tired and bloated?'

Eating mindfully can feel a little strange at first, but over time, it's a great way to train your body to get back in touch with its natural rhythms of appetite and digestion. Try it for at least a week and see how you feel.



## 2 MAKE VEGGIE VERSIONS OF MEATY FAVOURITES

These days, it's easier than ever to reduce your meat consumption. We've spotted a huge growth in plant-based meat alternatives recently, from vegan sausages and mince, to burgers. Try swapping your usual mince, sausages or other meat dishes for a veggie version this month.

## 3 EXPERIMENT WITH A NEW KITCHEN GADGET

With many of us spending more time in the kitchen nowadays, we saw searches for certain kitchen gadgets rise dramatically. The most popular searches were for air fryers, rice cookers and soup makers.





## 4 GET INVOLVED IN COMMUNITY COOKING

We noticed great community spirit kicking in since 2020, with people sharing food and cooking skills. Whether shopping for a neighbour, swapping homemade dishes with friends, or hosting virtual tastings and cookalongs, we do hope this feeling of togetherness lives on.



## 5 TRY A NEW KITCHEN PROJECT

**Did you take on a kitchen project last year? Keep the momentum going by trying something new. Here are three of our favourites...**

### Make your own fruit leather

Got a glut of fruit to use up? Try making homemade fruit roll-ups. It's surprisingly easy to do, and kids will love rolling them up (and eating them!) Search 'fruit leather' on [bbcgoodfoodme.com](https://bbcgoodfoodme.com).

### Churn your own butter

So, you got into breadmaking during the lockdown period, but now how about making your own butter to go with it? It's incredibly simple: just



whip double cream with an electric whisk until it starts to separate into buttermilk and butter, then sieve out the buttermilk (the latter is great for making fluffy pancakes) and you're left with homemade butter. Or, check out another method that involves a jar and a marble by searching 'home-churned butter' on [bbcgoodfoodme.com](https://bbcgoodfoodme.com).

### Master dumpling-making

Dumplings have been trending across social media, in restaurants and in online searches. Whether you choose Polish pierogis, Japanese gyoza, Nepalese momos or Chinese siu mai, there are many to master, so what are you waiting for? Find the recipes at [bbcgoodfoodme.com](https://bbcgoodfoodme.com).



## 6 EXPLORE A CUISINE THAT'S UNFAMILIAR TO YOU

**If you've never tried your hand at cooking authentic Japanese, Mexican, Korean or other cuisines, because certain ingredients have been too difficult to find, there's never been a better time to start. Specialist online grocery sites are now available for just about anything. Here are some of our favourites...**

### 1004 Gourmet

This Asian grocery gourmet store offers a wide selection of groceries from Korean to Japanese, Thai, Taiwanese and Chinese. [1004gourmet.com](https://1004gourmet.com)

### Nativo.ae

The online store is home to a range of Brazilian and Latin American

ingredients covering sweets, frozen poultry, kitchenware, beverages, and much more. The store also provides ready-to-cook meals such as empanadas, cheese sambousek, and croquette. [nativo.ae](https://nativo.ae)

### Al Adil

A one-stop destination for Indian spices, pulses, pickles, chutneys,

ayurvedic medicine, and products widely known across the Indian subcontinent. [adildubai.com](https://adildubai.com)

### African Market Dubai

This online store is the place to shop for African and Caribbean groceries. Whether it's Nigerian Titus fish, Iru or Scotch bonnet pepper, discover an array of ingredients and product categories. [africanmarketdubai.com](https://africanmarketdubai.com)

### Secrets Fine Food

Displaying products from France and Europe, the online store offers croissants, macarons, puff pastry, sauces and pestos, Italian cheese, and various multi-cuisine favourites, all just a click away. [secretsfinefood.com](https://secretsfinefood.com)







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# easy

Delicious, simple,  
and easy-to-  
make recipes



## midweek meals

ready in 30, page 20



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page 28



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carrots, page 26



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spicy ribs, page 32



midweek meals

the good food  
COOK  
SMART

# ready in 30

Delicious dinners that only take minutes to prepare

*recipes* AILSA BURT *photographs* HANNAH TAYLOR-EDDINGTON

Prawn, pepper &  
chickpea filo pie





Sloppy joes with  
brussels sprout  
slaw



### your shopping list

#### CHILLED

4 eggs  
6 sheets of filo pastry  
75g ricotta  
15g parmesan  
3 tbsp low-fat natural yogurt  
300g raw king prawns  
2 skin-on chicken breasts  
300g lean beef mince

#### FRUIT, VEG & FRESH HERBS

1 red onion  
2 onions  
10 garlic cloves

3 lemons  
small bunch of coriander  
small bunch of parsley  
small handful of dill  
200g cavolo nero  
1 red chilli  
1 banana shallot  
100g kale  
1 head of radicchio  
1 green pepper  
2 carrots  
250g brussels sprouts  
1 lime  
1 avocado

#### STORECUPBOARD

5½ tbsp olive oil  
1 tbsp vegetable oil  
1 tsp dried oregano  
2 tsp ground cumin  
1 tsp chipotle chilli flakes  
400ml ready-made tomato  
& garlic sauce  
4 wholemeal tortillas  
½ tsp smoked paprika  
2 tsp harissa  
2 tbsp tomato purée  
400g can chickpeas  
3 roasted red peppers

300ml vegetable stock  
150g orecchiette  
15g almonds  
100ml chicken stock  
300g butter beans  
400ml passata  
1 tbsp Worcestershire sauce  
2 tbsp cider vinegar  
4 wholemeal bread rolls



## BALANCED

### Prawn, pepper & chickpea filo pie

A lighter version of a traditional pastry-topped pie. The filo pastry also gives it an excellent crunch.

**SERVES 4 PREP 10 mins**  
**COOK 20 mins EASY**

1 tbsp olive oil, plus 1 tsp  
1 onion, finely chopped  
2 garlic cloves, crushed  
1-2 tsp harissa, to taste  
2 tbsp tomato purée  
400g can chickpeas, drained and rinsed  
300g raw king prawns  
3 roasted red peppers from a jar, finely sliced  
300ml vegetable stock  
1 lemon, cut into wedges  
small bunch of parsley, finely chopped  
6 sheets of filo pastry

**1** Heat the oven to 200C/180C fan/gas 6. Heat the 1 tsp of oil in an ovenproof pan over medium heat and add the onion and garlic. Cook gently for a few minutes until slightly softened. Stir in the harissa and tomato purée, and cook for 3 mins more. Tip in the chickpeas, prawns, peppers and stock.  
**2** Bring to a gentle simmer, then season, stir through a squeeze of lemon juice and the parsley. Ruffle the pastry sheets on top and brush over the remaining olive oil. Bake for 15 mins until golden and bubbling. Serve with lemon wedges.

**GOOD TO KNOW** low fat • low cal • 3 of 5-a-day  
**PER SERVING** 291 kcal • fat 7g • saturates 1g • carbs 36g • sugars 5g • fibre 7g • protein 18g • salt 1.3g

## HEALTHY

### Sloppy joes with brussels sprout slaw

Kids will love these – an excellent midweek pick-me-up meal.

**SERVES 4 PREP 10 mins**  
**COOK 20 mins EASY**

1 tbsp vegetable oil  
300g lean beef mince  
1 onion, finely chopped  
1 green pepper, diced  
3 garlic cloves, crushed  
1 tsp ground cumin  
400ml passata  
1 tbsp Worcestershire sauce  
2 tbsp cider vinegar  
3 tbsp low-fat natural yogurt  
2 carrots  
250g brussels sprouts  
4 wholemeal bread rolls, toasted

**1** Heat the oil in a frying pan and tip in the beef. Brown all over before reducing the heat and adding onion, pepper, garlic and cumin. Cook for 2 mins until fragrant, then add the passata, Worcestershire sauce, half of the vinegar and a pinch of sugar. Simmer gently for 15-20 mins.  
**2** Trim the carrots and, using the grater attachment on a food processor, push through the carrots and sprouts, or finely slice. Combine the remaining vinegar and yogurt in a bowl, and season. Stir in the carrots and sprouts and toss to coat. Season the sloppy joe mixture and serve in toasted buns with the slaw.

**GOOD TO KNOW** healthy • low fat • low cal • folate • fibre • vit c • iron • 2 of 5-a-day  
**PER SERVING** 344 kcal • fat 9g • saturates 2g • carbs 36g • sugars 15g • fibre 9g • protein 26g • salt 0.6g

## HEALTHY

### Cavolo nero orecchiette

This easy-to-make, quick pasta is full of goodness from the iron-rich cavolo nero, which is also in season.

**SERVES 2 PREP 10 mins**  
**COOK 20 mins EASY V**

150g orecchiette  
200g cavolo nero, separated into stems and leaves  
1 tbsp olive oil  
3 garlic cloves, crushed  
1 red chilli (deseeded if you like), finely chopped  
1 banana shallot, finely chopped  
1 lemon, zested and juiced  
75g ricotta  
15g almonds, roughly chopped and toasted

**1** Cook the orecchiette following pack instructions, then drain, reserving a mugful of the water. Finely chop the cavolo nero stems and leaves, keeping them separate. Heat the olive oil in a wide frying pan and cook the stems, garlic, chilli and shallot over a low heat for 5 mins until softened, then stir in the cavolo nero leaves. Fry until just wilted, then tip in the pasta and toss to combine.  
**2** Stir in the lemon zest and juice, and the ricotta along with a splash of the reserved pasta water to loosen, and season. Sprinkle the almonds over the top to serve.

**GOOD TO KNOW** healthy • low cal • folate • vit c • 2 of 5-a-day  
**PER SERVING** 480 kcal • fat 17g • saturates 4g • carbs 59g • sugars 5g • fibre 9g • protein 19g • salt 0.3g







## HEALTHY

**Warm winter bean salad with chicken**

*Try to get butter beans from a jar as they're generally softer and more flavourful than those from a can.*

**SERVES 2 PREP 5 mins**  
**COOK 25 mins EASY**

2 skin-on chicken breasts  
2 tbsp olive oil  
2 garlic cloves, sliced  
100ml chicken stock  
300g butter beans, rinsed  
and drained  
1 lemon, juiced  
100g kale, tough stalks removed  
and leaves torn  
small handful of dill, finely chopped  
1 head of radicchio, roughly chopped  
15g parmesan, finely grated

**1** Coat the chicken in 1 tbsp of the olive oil and season well. Heat a frying pan over a medium heat and fry the chicken, skin-side down, until the skin is golden, about 8-10 mins. Flip and cook for a further 8-10 mins until cooked through. Set aside on a plate to rest for 5 mins, then cut into slices.

**2** Tip the garlic, stock and butter beans into the pan and gently simmer for a few minutes until the stock has almost reduced completely. Remove from the heat and season to taste.

**3** Meanwhile, combine the lemon juice with the kale in a bowl. Massage the juice into the leaves using your hands until the leaves have softened, about 2-3 mins. Toss in the dill, radicchio, parmesan and remaining olive oil. Season well and tip onto a serving platter. Top with the garlicky beans and chicken.

GOOD TO KNOW healthy • folate • iron • 3 of 5-a-day  
PER SERVING 563 kcals • fat 23g • saturates 5g •  
carbs 28g • sugars 4g • fibre 13g • protein 54g • salt 0.8g





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# CARROTS

Make a no-waste pud using any carrots left in your vegetable drawer. They're brilliantly sweet at this time of year

recipe SAMUEL GOLDSMITH photograph SEAN CALITZ

## Steamed carrot pudding

**SERVES 8** **PREP 15 mins**  
**COOK 2 hrs 30 mins** **EASY V**

150g butter, softened, plus extra for the basin  
150g light brown soft sugar  
1 orange, zested  
225g self-raising flour  
1 tsp baking powder  
2 tsp mixed spice  
3 eggs  
100g pecans, chopped  
2 carrots (about 175g), coarsely grated  
50g raisins  
custard or cream, to serve

**1** Butter a 1-litre pudding basin and line the base with a disc of baking parchment. Beat the butter, sugar and orange zest in a bowl using an electric whisk until pale, then whisk in the flour, baking powder, mixed spice and eggs until smooth. Fold in the pecans, carrot and raisins, then spoon into the prepared basin.  
**2** Put a steaming rack or heatproof upturned bowl in the base of a deep saucepan that's large enough to hold the basin. Cut out a circle of baking parchment and another of foil – both should be 5cm wider than the rim of the basin. Stack the foil over the parchment and make a pleat down the centre, then butter

the parchment side. Cover the pudding with this lid, buttered-side down, then secure under the lip of the basin with string.  
**3** Stand the basin on the rack, then fill the pan with 10cm of boiling water. Cover, reduce the heat to a simmer and steam for 2 hrs 30 mins, topping up with more water as needed. The pud is ready when a skewer inserted into the middle comes out clean. If wet batter remains, steam for 15-30 mins more. *Once cool, will keep chilled for a week. Steam for 1 hr to reheat.* Top with custard or cream.

**PER SERVING** 459 kcal • fat 27g • saturates 11g • carbs 46g • sugars 24g • fibre 3g • protein 7g • salt 0.9g

## MORE WAYS WITH CARROTS

### Ideas from the Good Food team



#### Middle Eastern-inspired carrot salad

Put **½ tsp orange blossom water**, **½ tsp ground cumin**, **1 tbsp extra virgin olive oil**, the **juice of ½ lemon** and a good pinch each of salt and freshly ground black pepper in a jar. Screw on the lid and shake well to combine. Tip **500g grated carrots** and a **large handful of small mint leaves** into a bowl. Pour over the dressing, season to taste and toss everything together.



#### Carrot fries

Heat the oven to 200C/180C fan/gas 6. Cut **500g carrots** into 1cm-thick fries and mix with **1 tbsp cornflour** and a little black pepper. Toss with **1 tbsp vegetable oil**, spread out into a single layer on a baking tray lined with baking parchment, and bake for 40-45 mins, turning halfway through. Mix a little salt with **1 tsp finely chopped tarragon** and toss with the cooked fries.



#### Honeyed carrot soup

Melt **2 tbsp butter** in a large pan over a medium heat and cook **2 small leeks**, sliced, for 2 mins until starting to soften. Add **800g roughly chopped carrots**, **2 tsp honey**, a **small pinch of chilli flakes** (optional) and **1 bay leaf**, then cook for 2 mins more. Pour in **2.5 litres vegetable stock**, bring to the boil, then reduce the heat. Simmer for 30 mins. Remove from the heat. Blitz with a hand blender. Season. Spoon into bowls and swirl in **soured cream or yogurt**. Serve with garlic bread or bacon butties.

### ...and from our readers

*"I make a Parsi dish called bharuchi akuri, or carrot akuri. Gujarati flavours are combined with dried fruit and nuts and béchamel. We never appreciated it growing up, so I was taken aback when everyone asked about it at my Navroze feast."* **Niloufer Mavalvala, Ontario**

*"Thinly slice carrots on a mandoline, season, sprinkle with parmesan, pour over cream and bake."* **Jacqueline Stoddart, Doha, Qatar**



For all these recipes and more, go to [bbcgoodfoodme.com](http://bbcgoodfoodme.com)









# NO-COOK CHRISTMAS

Assemble this quick-to-make dish  
for a last-minute gathering

*recipes* BARNEY DESMAZERY *photographs* WILL HEAP

## Seafood cocktail platter

*Everyone has their own idea of what makes the perfect prawn cocktail, and this sharing platter means they can create it themselves. The actual seafood element can suit your price range, from good-value small prawns to lobster if you're feeling flush. Even without the seafood, you have a very good vegetarian, salad bar situation happening. If you'd rather guests don't assemble their own food, then you can easily serve the ingredients in glasses, or as a large mixed salad.*

**SERVES 4-6 PREP 15 mins**  
**NO COOK EASY**

1 fennel bulb  
70g rocket  
100g cherry tomatoes  
2 Little Gem lettuces  
200g cooked prawns  
(choose a size that suits your budget – use prawns with the heads on, if possible)  
100g white crabmeat

extra seafood of your choice to  
add to the platter, such as lobster,  
smoked trout or extra-large  
prawns (optional)

1 large ripe avocado, halved,  
peeled, stoned and sliced  
olive oil, for drizzling  
½ lemon, cut into 4 wedges, to serve

**For the dressing**  
5 tbsp mayonnaise  
2 tbsp ketchup  
½ lemon, juiced  
large splash of hot sauce or  
¼ tsp cayenne pepper

**1** To make the dressing, mix all the ingredients together in a small bowl with a small pinch of salt and set aside. *Can be made up to two days ahead and chilled.*

**2** Trim the fronds from the fennel and set aside, then slice the bulb as finely as possible (use a mandoline if you have one). Tip the sliced fennel, the reserved fronds and the rocket into three separate bowls of iced water, and let stand while you quarter the tomatoes and shred the lettuce.

**3** Drain the fennel and rocket well, then arrange the fennel and its fronds, the rocket, tomatoes, shredded lettuce, prawns, extra seafood and avocado in separate piles or in small bowls over a large serving platter or board, along with the bowl of sauce in the middle (or, decant it into a squeeze bottle). Serve with olive oil for drizzling and the lemon wedges for squeezing over. Provide glasses or small bowls for everyone to create their own prawn cocktail, and a large empty bowl for those who want to toss ingredients together.

**PER SERVING (6)** 220 kcals • fat 16g • saturates 2g •  
carbs 5g • sugars 4g • fibre 5g • protein 12g • salt 0.9g









reduce waste

# love your leftovers

Use up what's left of your midweek meals with these quick and easy ideas

## Red pepper soup

Finely chop up **roasted red peppers**, and put in a pan with **1 small onion, chopped, 2 crushed garlic cloves, 1 tbsp olive oil, 1 tsp sweet smoked paprika and 2 tbsp tomato purée**. Cook for 10 mins. Add **800ml vegetable stock** and

**75g bulgur wheat**. Simmer for 15 mins. Blend until smooth. Season.

## Sloppy joe chilli

Mix any leftover sloppy joe mixture with **canned lentils, rinsed and drained**, and stir through a **splash of any leftover passata**. Season and bring to a gentle simmer, then serve with **rice** on the side and **grated cheddar** sprinkled over.

## Chilli butter beans

Any remaining butter beans can be mixed with a **squeeze of lemon juice, 1 small crushed garlic clove, a pinch of chilli flakes** and a **drizzle of olive oil**. Mash with a fork, then spread on a **slice of toasted sourdough**.

## Beef quesadillas

Cook **leftover beef** in a little oil with **1/2 tsp each of cumin and oregano, 2 crushed garlic cloves, 1 leftover chopped red chilli**, and **kidney beans or sweetcorn**.

Season, transfer to bowl and wipe out the pan. Put a **tortilla** in the pan and add half of the mixture along one side. Scatter over **grated cheddar** and fold the tortilla in half. Cook on each side for 2-3 mins until golden.



## 3 ways to use up yogurt



### Marinated chicken

Mix **100g yogurt** with **3 crushed garlic cloves, 2 tsp oregano, 2 tsp salt, the juice of 1 lemon and 1 tbsp olive oil**. Coat **500g chicken thighs**. Marinate for 1 hr, then scrape off the marinade and cook in a griddle pan.



### Salad dressing

Stir **lemon juice** to taste into **75ml yogurt** along with a **large pinch of sumac, 1 crushed garlic clove and 3 tbsp olive oil**, then season well. Toss with a **hearty grain salad** such as bulgur, couscous or quinoa.



### Flatbreads

Mix equal quantities of **yogurt** and **self-raising flour** with a large pinch of salt. Stir in finely **chopped herbs**, if you like. Form into balls, roll out until **1/2 cm thick** and fry each side in a dry pan until puffed and golden.

**GOOD FOOD & SUSTAINABILITY** At BBC Good Food, we seek realistic solutions to avoid food waste and packaging, and adhere to the three Rs: 1) Reducing food waste 2) Recycling packaging 3) Reusing food storage packaging and containers.

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Food Waste Pioneers broadcast about people who tackle food waste issues on BBC Radio 4.





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# SLOW COOK

## Spicy ribs

the good food  
COOK  
SMART

As well as being energy efficient, using a slow cooker ensures tender, juicy meat

*recipe* HELENA BUSIAKIEWICZ

*photograph* HANNAH TAYLOR-EDDINGTON

### Slow-cooker gochujang short ribs with apple slaw

*This winter warmer with tangy apple slaw is ideal for relaxed entertaining during the holidays.*

**SERVES** 4-6 **PREP** 30 mins

**COOK** 5 hrs **EASY** 1

1 tbsp vegetable oil  
4 large beef short ribs (about 2kg)  
2 garlic cloves  
5 tbsp gochujang  
3 tbsp dark soy sauce  
3 tbsp dark brown soft sugar  
1 cinnamon stick  
2 star anise  
1 tsp coriander seeds  
75ml shaoxing rice wine  
2 red onions, quartered  
thumb-sized piece of ginger, peeled and roughly chopped  
400ml beef stock  
1 tbsp cornflour  
2 spring onions, finely sliced  
cooked rice, to serve

#### For the slaw

2 apples, halved, cored and cut into thin matchsticks  
1 lemon, juiced

**1** Heat the oil in a medium frying pan over a high heat. Season the short ribs all over with salt, then cook in the pan for 8-10 mins until deep brown on all sides. (You may need to do this in batches.) Add a small splash of water to the pan in between batches, and pour any residual liquid into a small bowl. Set aside.

**2** Lightly bash the garlic cloves with the skin still on and set the slow cooker to low. Mix the garlic with the gochujang, soy, sugar, cinnamon, star anise, coriander seeds and rice wine.

Tip into the slow cooker along with the red onions and ginger. Add the ribs, then pour over the stock. Cover with the lid and cook for 4 hrs 30 mins, or until the meat is falling off the bone.

**3** In the final 10 mins of cooking time, mix 1 tbsp of the reserved cooking liquid with the cornflour to make a smooth paste. Add this to the slow cooker and mix well. Taste the sauce for seasoning and add more soy sauce, if needed. Make the slaw by mixing the apple with the lemon juice. Season to taste.

**4** Scoop the garlic cloves out of the slow cooker, discard the skins, then stir the garlic back in. Serve the ribs with the spring onions, rice and slaw.

#### GOOD TO KNOW iron

**PER SERVING** (6) 803 kcs • fat 62g • saturates 25g • carbs 26g • sugars 19g • fibre 3g • protein 34g • salt 1.9g





# WEEKEND

Mouthwatering dishes to dig into with your family and friends



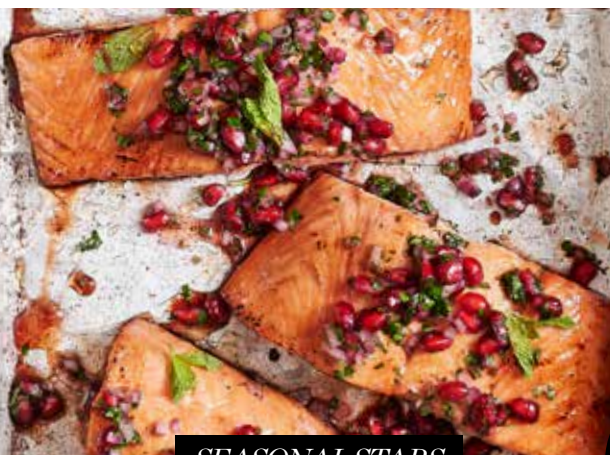
**SEASONAL**

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**gf**

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SEASONAL

# FRESH START

Welcome in the new year with bright, inspiring recipes from **Esther Clark**

*photographs* DANIELLE WOOD

**T**he beginning of a new year brings us a fresh batch of seasonal delights. Citrus comes into its own this month, bitter chicory leaves are ready and sweet leeks begin to pop out of the ground. Now's the time to refresh your cooking routine.

Ruby red grapefruit doesn't just make a healthy breakfast – it's also a welcome addition in both sweet and savoury dishes. Try baking grapefruit into a polenta cake or adding the juice to cocktails. Or, try a bright salad with notes of tamarind, sesame and fish sauce. The tart grapefruit pairs so well with creamy avocado, sweet prawns and the salty, umami-rich dressing. Look out for other citrus fruits, including Italian lemons and Seville and blood oranges, all at their peak in January.

The humble leek is also ready for harvesting during the cooler months. These green-topped

shoots can be whizzed into creamy soups with celeriac and mustard, or baked into a gratin with cheese sauce to serve alongside a roast dinner. Leeks turn deliciously sweet when fried until soft, making them the ideal addition to our tart which combines caramelised leeks with salty manchego cheese and smoky chorizo.

Chicory, with its striking leaves, sits somewhere between cabbage and lettuce. It can be eaten raw or cooked, and its veined leaves are tightly packed, with a white centre. There's also a yellow variety and its sister veg, the radicchio. Chicory teams well with creamy, salty cheese like goat's, so we've partnered the two in a roasted squash and herby couscous dish for a wonderfully colourful, fresh and satisfying January supper.



Esther is a freelance recipe writer and food stylist who trained at Leiths School of Food & Wine, before working as a chef in Italy. She loves to cook for friends at home and enjoys creating recipes using new ingredients and seasonal produce. @esthermclark





Zingy grapefruit, prawn  
avocado & tamarind salad



## Zingy grapefruit, prawn avocado & tamarind salad

**SERVES 6** **PREP** 15 mins  
**NO COOK EASY**

3 tbsp sesame oil  
1 tsp tamarind  
1 small garlic clove, crushed  
3cm piece of ginger, peeled and finely grated  
3 tsp fish sauce  
1-2 limes, juiced  
2 ripe avocados, stoned, peeled and thinly sliced  
2 red grapefruits, peeled, pith removed, sliced into rounds  
8 radishes, thinly sliced

150g cooked king prawns, peeled  
2 tbsp sesame seeds  
½ small bunch of coriander, leaves picked and torn

**1** Combine the sesame oil, tamarind, garlic, ginger, fish sauce and lime juice. Taste and add more fish sauce if needed, then season to taste.  
**2** Arrange the avocado, grapefruit rounds, radishes and prawns on a serving platter. Drizzle over the dressing and scatter with the sesame seeds and coriander.

**GOOD TO KNOW** vit c • 1 of 5-a-day • gluten free  
**PER SERVING** 212 kcals • fat 17g • saturates 3g • carbs 7g • sugars 1g • fibre 4g • protein 6g • salt 1.1g

## Leek, manchego & chorizo tart

**SERVES 6** **PREP** 30 mins plus  
1 hr 15 mins chilling and cooling  
**COOK** 55 mins **MORE EFFORT**

250g plain flour, plus extra for dusting  
140g cold unsalted butter, cut into cubes  
2 egg yolks  
**For the filling**  
100g chorizo, finely chopped  
2 large or 3 medium leeks, sliced into 1cm rings (see tip below)  
two pinches of sweet smoked paprika  
4 eggs, lightly beaten  
70ml double cream  
60g manchego, grated  
½ small bunch of chives, finely sliced  
green salad, to serve

**1** Heat the oven to 180C/160C fan/gas 4. Tip the flour, ¼ tsp salt and the butter into a food processor and pulse to fine breadcrumbs. Add the egg yolks and 2 tbsp ice-cold water and pulse again until the mixture clumps, adding up to 2 tbsp more water if needed. Tip onto a lightly floured surface and bring together into a disc with your hands, then wrap tightly and chill for 30 mins.  
**2** Roll the chilled pastry out on a lightly floured surface into a 30cm round. Use it to line a 22cm fluted

tart tin, leaving any excess overhanging the rim, then chill for 30 mins more. Line the pastry case with baking parchment and baking beans and bake for 15 mins. Remove the beans and parchment and bake for 10 mins more. Leave to cool, then trim away any excess pastry using a serrated knife.

**3** Heat a large frying pan over a medium heat and fry the chorizo for 5 mins until beginning to crisp up. Remove to a bowl with a slotted spoon and set aside. Fry the leeks in the residual chorizo oil with a pinch of salt for 10-15 mins until softened, adding a pinch of paprika in the last minute. Remove from the heat and leave to cool for 15 mins.

**4** Whisk the eggs, cream, most of the cheese and chives and some seasoning together. Spread the leek mixture into the base of the tart case, then gently pour over the egg mixture. Scatter with the remaining cheese, chives and paprika. Bake in the centre of the oven for 15-20 mins, then remove and leave to cool for 15 mins before serving with a green salad.

**PER SERVING** 442 kcals • fat 31g • saturates 17g • carbs 26g • sugars 2g • fibre 3g • protein 14g • salt 0.9g



If you don't have leeks, fry 6 peeled and sliced banana shallots until well-caramelised, about 15 mins.









### Roasted squash with chicory, goat's cheese & herby couscous

**SERVES 4** **PREP** 20 mins  
**COOK** 30 mins **EASY** **V**

1 butternut squash  
1 small garlic clove  
2 tbsp olive oil  
200g giant wholewheat couscous  
small bunch of basil, roughly chopped  
small bunch of parsley, roughly chopped  
2 tbsp pine nuts, toasted  
100ml extra virgin olive oil  
small pinch of sugar  
1-2 lemons, juiced  
2 red chicory, leaves separated  
100g goat's cheese, sliced into rounds

**1** Heat the oven to 180C/160C fan/gas 4. Cut the bulbous end from the squash, then halve, scoop out the seeds and cut into wedges (reserve the long neck of the squash for another recipe). Spread the squash wedges out in a roasting tin. Peel the garlic and toss this through the wedges along with some seasoning and the olive oil. Roast for 30 mins until the squash is tender.

**2** Meanwhile, cook the couscous following pack instructions. Drain, return to the pan and leave to steam-dry. Tip the basil, parsley, pine nuts and half the extra virgin olive oil into a food processor with

the sugar and some seasoning. Blitz to a coarse paste. With the motor running, drizzle in the remaining extra virgin olive oil and lemon juice. Season to taste, then toss with the couscous.

**3** When the squash is tender, roughly mash the garlic clove and gently stir through the squash. Toss the wedges through the couscous with the chicory leaves and goat's cheese. *Any leftovers will keep covered in the fridge for up to a day.*

**GOOD TO KNOW** fibre • vit c • 2 of 5-a-day  
**PER SERVING** 626 kcs • fat 44g • saturates 10g •  
carbs 39g • sugars 6g • fibre 10g • protein 15g •  
salt 0.4g



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GUEST CHEFS

# FRESH FREEZER IDEAS

Our contributors share their globally-inspired mains to get-ahead for when there's less time to cook

*recipes* ED SMITH, CHETNA MAKAN, RUKMINI IYER,  
ORLANDO MURRIN *photographs* MIKE ENGLISH



Ed Smith's curried  
brisket ramen





Chetna Makan's spicy chicken  
& chickpea curry





## Ed Smith's curried brisket ramen

*The curried brisket and its stock provide a deeply flavoured, glossy base for a noodle soup – the perfect winter warmer. It's low-effort, but does take a little time, which means you'll feel extra-smug if you make a batch and freeze portions for another day. Once defrosted, reheating takes barely five minutes, leaving you with a wonderful homemade ramen once you've cooked some noodles. I've suggested some greens to add at the end – use whatever you have in the fridge.*

**SERVES 6 PREP 35 mins**  
**COOK 2 hrs 30 mins EASY \***

800g brisket joint  
3 tbsp flavourless cooking oil  
1 large shallot, finely sliced  
40g ginger, peeled and minced  
4 garlic cloves, finely grated  
2 star anise  
1 cinnamon stick  
2 tbsp medium curry powder  
1 tsp ground turmeric  
1 tsp Kashmiri chilli powder  
1 heaped tbsp golden caster sugar  
400g can coconut milk (with more than 50% coconut solids), chilled  
2-3 medium tomatoes (around 150g), halved  
2 tbsp light soy sauce

### To serve

2 spring onions, white and green parts separated, white parts finely chopped, green parts sliced on an angle  
handful of quick-to-cook greens per person (we used pak choi)  
170-200g frozen or fresh ramen noodles per person  
20g sweetcorn per person  
½ boiled egg per person  
toasted sesame seeds (optional)  
1-2 nori sheets per person

**1** Cut the brisket into approximately 3cm chunks (don't discard any fatty bits). Transfer to a saucepan, cover with cold water and bring to the boil for 2 mins. Skim off any impurities. Drain and set the meat to one side.  
**2** Return the saucepan to the hob over a medium heat. Add the oil, shallot and ginger, plus a pinch of salt, and cook for 3 mins. Add the garlic and cook for 1 min, then add the spices and stir. Cook for 2 mins, adding a splash of water if the spices are catching. Add the sugar and solids from the can of coconut milk. Fry for 2 mins, stirring continuously, then add the beef, tomatoes, the liquid coconut milk, 1 litre cold water, the soy sauce and 1 tsp sea salt flakes. Bring to the boil, reduce the heat and simmer gently for 2 hrs-2 hrs 30 mins, with the lid ajar, until the brisket is succulent.

**3** Remove the brisket, cinnamon and star anise from the saucepan using a slotted spoon. Use a hand blender to blitz the sauce – it should become velvety and glossy. At this stage, you can freeze all or some of the beef and curry soup, dividing the beef into portions, then pouring the curry soup over the top. *Will keep frozen for up to three months. Defrost thoroughly and reheat in a saucepan over a low-medium heat until piping hot.*

**4** Add the white parts of the spring onions and the greens to the stock to warm through for 5 mins. There should be two to three ladles of soup per portion – add a little water if necessary. Taste and add a touch more soy, salt or curry powder, if you like.

**5** Cook the noodles following pack instructions. Divide between bowls, then ladle beef, greens and soup over the top of each. Scatter over the sweetcorn, spring onion greens, half an egg and sesame seeds, with nori sheets on the side for crushing up and sprinkling over.

**GOOD TO KNOW** fibre • iron • 1 of 5-a-day  
**PER SERVING** 741 kcs • fat 35g • saturates 17g  
• carbs 60g • sugars 12g • fibre 10g • protein 41g  
• salt 1.6g



## Chetna Makan's spicy chicken & chickpea curry

*We often look for recipes that pack in punchy flavour but don't need an awful lot of effort to make. This chicken and chickpea curry is just that and more. The storecupboard spices (if you cook Indian food you will have them to hand) are just what we need. I like to make chicken curries with chicken on the bone as it provides tons of flavour, but you can use boneless thighs instead and just reduce the cooking time from 45 to 35 mins. You can keep this curry in an airtight container in the fridge for four to five days and reheat well before serving, or even freeze it for a busy day when you want to treat yourself to a lovely meal.*

**SERVES 4 PREP 15 mins**  
**COOK 1 hr 10 mins EASY \***

3 tbsp sunflower oil  
2 onions, thinly sliced  
6 garlic cloves  
2 green chillies, finely chopped  
3 tbsp tomato purée  
8 skinless chicken thighs, on the bone  
1 tsp chilli powder  
1 tsp garam masala  
2 tsp ground coriander  
1 tsp ground turmeric  
400g can chickpeas, drained and rinsed  
handful of coriander leaves  
cooked rice or naans, to serve

**1** Heat the oil in a saucepan and add the onions. Cook over a medium heat for 10 mins until golden, then add the garlic and chillies and cook for 1 min

until fragrant. Add the tomato purée and cook for 1 min. Move the mixture to the side of the pan, then add the chicken thighs. Spread the tomato mix on top of the chicken and cook over a high heat for 5 mins.

**2** Add the spices, 1 tsp salt and 150ml just-boiled water, and mix well. Cover and cook over a low heat for 45 mins until the chicken is cooked. Add the chickpeas and cook for a final 5 mins. *To freeze portions, divide into freezable containers and leave to cool first. Will keep frozen for up to three months. Defrost overnight in the fridge, then reheat in a saucepan until piping hot.* Scatter over the coriander and serve with rice or warm naans, if you like.

**GOOD TO KNOW** fibre • 2 of 5-a-day  
**PER SERVING** 368 kcs • fat 18g • saturates 3g  
• carbs 18g • sugars 6g • fibre 7g • protein 30g  
• salt 1.4g





Rukmini Iyer's all-in-one smoky aubergine & pepper tagine





### Rukmini Iyer's all-in-one smoky aubergine & pepper tagine

*This is a perfect prep-ahead vegan dish – you can make a batch of it at the beginning of the week for a couple of lunches, and then put extra portions in the freezer for a rainy day. It's so warming with the spices and smoky aubergine – I'm very liberal when it comes to spicing tagines – good pre-mixed spice blends like ras-el-hanout or baharat pack in so much flavour, and you won't need to rummage for lots of spices if you haven't much time on your hands. I like to splash out and add good jarred haricot beans to the dish – or butter beans if you're using canned. Just drain and rinse, and add them along with the aubergine and peppers, as they'll have longer to soak up the flavours that way.*

**SERVES 4 PREP 15 mins**  
**COOK 1 hr 10 mins EASY** 

- 2 aubergines, cut roughly into small chunks
- 3 mixed peppers (not green) cut into small chunks

- 1 red onion, roughly chopped
- 2 tbsp olive oil
- 3 tbsp baharat spice mix
- 2 garlic cloves, crushed or finely grated
- 2 x 400g cans chopped tomatoes
- 200ml vegetable stock or water
- 700g jar haricot beans, drained and rinsed

**To serve**  
smoked or regular sea salt flakes  
drizzle of extra virgin olive oil  
chopped mint and/or coriander  
handful of toasted flaked almonds  
couscous or flatbreads

- 1 Heat the oven to 220C/200C fan/gas 7. Mix the aubergines, peppers, onions, olive oil, baharat, garlic and 1 tsp sea salt flakes in a large, deep roasting tin. Roast for 30-40 mins until the vegetables are just charring around the edges.
- 2 Add the tomatoes, stock or water and haricot beans, mix well, then return to the oven for a further 30 mins to reduce the sauce. *Will keep frozen for up to three months. Leave to cool completely first. Defrost in the fridge overnight, then warm through in a pan or roasting tin in the oven at*

*180C/160C fan/gas 4 for 30 mins or until piping hot.*

3 Taste and adjust the salt as needed using the smoked sea salt, if you have it. Drizzle with the extra virgin olive oil, then scatter with the herbs and flaked almonds before serving hot, with couscous or flatbreads on the side.

**GOOD TO KNOW** vegan • low fat • low cal • fibre • vit c • 5 of 5-a-day  
**PER SERVING** 283 kcals • fat 8g • saturates 1g • carbs 31g • sugars 17g • fibre 17g • protein 13g • salt 1.5g





**FOR NON-VEGANS** You could fry some cubes of halloumi to add to the tagine at the end of cooking.

**DOUBLE IT UP** If you're cooking in bulk and making the most of having the oven on, you can double the recipe up – just use a second tin to make sure everything cooks evenly.



### Orlando Murrin's rich pork goulash

*This casserole is a tribute to the Hungarian goulash. In Hungary, it's a meaty soup, traditionally enjoyed by shepherds and cowboys. Elsewhere, it's a thick stew of beef, pork or lamb, flavoured with paprika and often finished with soured cream. There are hundreds of different recipes, but this one turns relatively inexpensive pork shoulder into a meltingly tender feast. Pork varies, so make sure the meat is fully cooked at the end of step five, and give it more time, in 10-minute increments, if necessary. If you enjoy smoky flavours, you can switch part or all of the paprika for sweet smoked paprika; not, however, hot smoked paprika as it can blow your head off.*

**SERVES 4 PREP 15 mins**  
**COOK 2 hrs 30 mins EASY**  

- 500-600g diced pork shoulder or leg
- 1-2 tbsp olive oil

- 1 red onion, chopped
- 1 tbsp flour
- 3 tbsp paprika
- 1 tsp caraway seeds (optional)
- 175ml glass of full-bodied red wine
- 1 green pepper, sliced
- 1 large tomato, roughly chopped
- 2 bay leaves
- 1-2 tsp balsamic, red wine or cider vinegar
- 150ml soured cream, plus extra to serve
- pinch of sugar (optional)
- chopped dill or chives and poppy seeds, to serve (optional)
- potatoes, rice or buttered pasta (such as tagliatelle), to serve

- 1 Season the pork with  $\frac{1}{2}$ -1 tsp salt and lots of pepper. Heat 1 tbsp oil in an ovenproof lidded casserole and brown the pork for 4-5 mins over a high heat. You may need to do this in batches so as not to overcrowd the pan. Transfer to a bowl.
- 2 Add more oil if needed, and fry the onion for 3-4 mins until softened, then stir in the flour, paprika and caraway seeds, if using. Cook for

1 min, then gradually add the red wine, scraping the bottom of the pan.

3 Return the pork to the pan, along with the pepper, tomato, bay leaves and 1 tsp vinegar. Stir in 300-400ml water to just cover the meat, and bring back to the boil.

4 Cover and put in the oven at 170C/150C fan/gas 3 (there is no need to heat the oven). After 45 mins, remove from the oven and stir, then return for another 45 mins. Stir again and return to the oven for a further 15 mins, until the pork is soft and almost falling apart – about 1 hr 45 mins in total. *Will keep frozen for up to three months. Leave to cool completely first. Defrost in the fridge overnight, then reheat in a pan by simmering gently for 10 mins.* Stir in the soured cream and check the seasoning, adding a little more vinegar and the sugar, if you like.

5 Serve with extra soured cream on the side and sprinkle the herbs and seeds on top, if using. Serve with potatoes, rice or buttered pasta.

**GOOD TO KNOW** vit c • 1 of 5-a-day  
**PER SERVING** 387 kcals • fat 20g • saturates 8g • carbs 10g • sugars 6g • fibre 3g • protein 32g • salt 0.8g







GUEST CHEF

# Celebrate with SPICE

Brighten up winter evenings with the company of friends and Sri Lankan recipes from **Karan Gokani**



**Karan Gokani** grew up in Mumbai and came to England in 2005 to study law at Cambridge. His passion for food led him to co-found Hoppers, which now has three restaurants in central London, as well as delivery kitchens and a retail business. Hoppers takes inspiration from the home cooking and roadside stalls and shacks of Sri Lanka and South India. @karancooks

**Kalupol  
roast chicken**





## Mussel hodi

*I first cooked this dish at an event at a friend's pub; it was meant to be a Sri Lankan take on the French classic moules frites. It was so popular, we ended up introducing it on our King's Cross restaurant menu.*

**SERVES 4** **PREP** 30 mins  
**COOK** 12 mins **EASY**

3 tbsp coconut oil  
1/3 tsp fenugreek seeds  
9cm cinnamon stick  
165g red onion (1 medium onion), finely sliced  
2 tsp finely grated garlic  
2 lemongrass sticks, cut into 5cm pieces  
12-15 curry leaves  
3/4 tsp ground turmeric

400ml can coconut milk  
2 green chillies, halved lengthways  
600g live mussels, washed and beards removed (see tip, below)  
1/2 lime, juiced  
cooked samphire, to serve (optional)

**1** Heat the coconut oil in a large, lidded saucepan over a medium heat and fry the fenugreek and cinnamon for 30 seconds. Add the onion, garlic, lemongrass and curry leaves, and cook for 2 mins more, stirring regularly until soft but not coloured. Add the turmeric and cook for a further 15 seconds, stirring to ensure it doesn't catch and burn. Stir in the coconut milk and green chillies, bring to a simmer and cook gently for 4 mins, being careful not to let it boil.  
**2** Season the sauce to taste, leaving it under-seasoned, as the mussels will be

salty. While the mixture is on a high simmer, add the mussels to the pan, cover with the lid and cook for 2-3 mins. Shake the pan every 30 seconds to help the mussels cook and open evenly. After 3 mins, turn off the heat and discard any mussels that have not opened. Stir in the lime juice and scatter over the samphire, if using.

**GOOD TO KNOW** gluten free  
**PER SERVING** 310 kcal • fat 26g • saturates 22g • carbs 8g • sugars 5g • fibre 2g • protein 10g • salt 1.1g

## gf tip

Prepare the mussels by rinsing well and scrubbing any grit off, then pull away the beards. Check for any mussels that are open and discard any that won't close when tapped on the work surface.



## Kalupol roast chicken

You can see conversations stop and eyes follow the plate every time a waiter walks one of these through our tiny Soho restaurant. This recipe has been adapted for an oven, but is just as effective. To make it traditional, serve with a sambol or mallung, curry sauce and pol rotis.

**SERVES 4** **PREP** 15 mins plus cooling and overnight marinating  
**COOK** 1 hr 15 mins **EASY**

1.2-1.5kg chicken  
sambol or mallung, green curry sauce and pol rotis, to serve (optional)

### For the marinade

1 tbsp basmati rice  
1 tbsp grated fresh coconut  
1 tsp minced garlic  
1 tsp minced ginger  
¾ tbsp chilli powder  
3 tbsp roasted curry powder (see recipe, below)  
1 lemongrass stick  
8-10 curry leaves  
3 tbsp vegetable oil

**1** For the marinade, toast the rice in a wok over a medium-high heat for 5 mins. Add the coconut and toast for 10 mins more until both the rice and coconut are deep golden brown. Be careful not to burn them.

**2** Cool, then transfer to a pestle and mortar or spice grinder and crush to a fine powder. Add the remaining marinade ingredients and 1 tsp salt, and grind to a paste. Rub the paste all over the chicken, then cover and refrigerate overnight.

**3** When ready to cook, heat the oven to 200C/180C fan/gas 6. Put the chicken on a large roasting tray lined with foil, and roast for 40 mins. Increase the heat to 220C/200C fan/gas 7 and roast the chicken for a further 15 mins. Check the chicken is cooked by piercing the thickest part of the thigh with a knife. The juices should run clear. If not, return to the oven, covered with foil, for a further 5 mins and check again. Once cooked, remove from the oven and rest for 10 mins before carving and serving with any roasting juices from the tray, plus sambol or mallung, green curry sauce and pol rotis, if you like.

**GOOD TO KNOW** gluten free

**PER SERVING** 508 kcals • fat 33g • saturates 8g • carbs 5g • sugars 0.3g  
• fibre 3g • protein 48g • salt 1.8g



Grinding spices while still warm risks their oils separating and the powder becoming a paste. It can also cause the grinder to overheat and burn the spices. Leave to cool completely first.

## Roasted curry powder

This spice blend is darker than the basic, unroasted curry powder, and has a nuttier flavour. The addition of rice intensifies this nuttiness and helps thicken curries and sauces. I used basmati rice, but red rice will work, too. As the ingredients are roasted, it doesn't need to be fried in fat or cooked for very long. It's often added towards the end of cooking, simply sprinkled over and stirred through. My Sri Lankan friends use this to marinate meats before adding them to curries.

**MAKES** about 200g **PREP** 10 mins plus cooling **COOK** 30 mins **EASY** **V**

25g green cardamom seeds  
5g cloves  
50g cinnamon sticks or broken pieces  
50g basmati rice  
150g coriander seeds  
75g cumin seeds  
50g fennel seeds  
10g fenugreek seeds  
15g black peppercorns  
25g fresh curry leaves or

10g dried curry leaves  
15g fresh pandan leaves  
or 5g dried pandan leaves

**1** Heat a heavy-based saucepan over a medium heat and cook the cardamom, cloves and cinnamon in the dry pan, stirring frequently for 2-3 mins until fragrant, but being careful not to burn them.  
**2** Add the rice and cook for 12-14 mins more until nutty and light brown. Remove from the pan and set aside, then roast the remaining ingredients together in the same way for 12-14 mins, stirring constantly until the leaves are dry and brittle.  
**3** Leave to cool completely (see tip, left) before grinding to a fine powder in a blender or spice grinder. Pass through a strainer and grind down any remaining large pieces. Transfer to an airtight container and store in the fridge for up to a month.

**GOOD TO KNOW** vegan • healthy • gluten free

**PER SERVING** (1 tsp) 9 kcals • fat 0.4g • saturates none • carbs 0.4g • sugars none • fibre 0.8g • protein 0.4g • salt 0.01g



## Chocolate biscuit pudding

*This simple refrigerator cake is my favourite Sri Lankan dessert, and so easy to make with storecupboard ingredients. Our recipe is slightly softer and less sweet than the traditional versions. If you don't plan to demould the pudding, make it in a transparent dish or glass jars, as the alternating layers of biscuit and chocolate that are so characteristic of this pudding must be visible.*

**SERVES 8** **PREP** 10 mins plus 2 hrs chilling **COOK** 30 mins **EASY** **V**

100g cashew nuts  
300g unsalted butter, softened  
300g icing sugar  
100g cocoa powder  
300ml whole milk  
90ml double cream  
300g rich tea biscuits

**1** Heat the oven to 180C/160C fan/gas 4 and spread the cashew nuts out on a baking sheet. Toast the nuts in the oven for 8-10 mins until light golden brown. Leave to cool slightly, then roughly chop the nuts, leaving some of them whole, and set aside.

**2** Combine the butter, icing sugar, cocoa powder and a pinch of salt in a large bowl. Beat together until smooth, then add 50ml of the milk and mix to combine. Finally, add the double cream and beat for 2-3 mins until smooth and light.

**3** Pour the remaining milk into a separate, shallow bowl and dunk the rich tea biscuits in, one at a time, for 5 seconds each. Don't leave them in any longer, or they will break down and turn soggy. Arrange the soaked biscuits in a single layer on the base of a 16 x 20cm serving dish, or in eight individual ramekins or jars, if using. Once you have a single layer of biscuits, spread a third of the chocolate mixture on top and level

the surface with the back of a spoon. Repeat the process, alternating a layer of biscuits and a layer of chocolate buttercream, until you have three layers of each, finishing with the buttercream. Cover and chill for 2-3 hrs so the buttercream will firm up.

**4** Sprinkle with the toasted cashews and serve.

**PER SERVING** 800 kcals • fat 53g • saturates 29g • carbs 70g • sugars 47g • fibre 4g • protein 10g • salt 0.5g







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SEASONAL STARS

# New beginnings

Make the most of the first harvest of the year with these comforting recipes from **Samuel Goldsmith**

*photographs* DAVID MUNNS





Celeriac &  
blue cheese  
gratin



## Blood orange upside-down cake

*Using blood oranges in this recipe makes the most of their flavour and beautiful colour.*

**SERVES** 6-8 **PREP** 30 mins

**COOK** 35 mins **EASY** V

2 blood oranges, zested  
200g butter, softened, plus  
extra for the tin  
200g light brown soft sugar  
4 eggs  
125g plain flour  
75g polenta or cornmeal  
2 tsp baking powder  
100g natural yogurt  
2-3 tbsp milk (optional)

**1** Carefully remove the pith from the zested oranges, being careful to keep them whole. Slice into thin rounds, picking out and discarding the pips. Set aside.

**2** Heat the oven to 180C/160C fan/gas 4. Butter and line the base of a 23cm loose-bottomed cake tin with baking parchment. Put the tin on a baking sheet, then arrange the orange slices in the base, overlapping slightly to cover as much of it as possible.

**3** Beat the butter, sugar and zest together until pale and fluffy. Mix

in the eggs, one at a time, folding in a couple of spoonfuls of flour between each addition to prevent the mixture from curdling. Fold in the remaining flour, polenta and baking powder followed by the yogurt. If the mixture seems a little dry, add 2-3 tbsp milk. Bake for 35-40 mins until a skewer comes out clean. Serve in slices. *Will keep chilled for up to three days.*

**PER SERVING (8)** 458 kcal • fat 24g • saturates 14g •  
carbs 53g • sugars 34g • fibre 1g • protein 7g •  
salt 0.9g



### BLOOD ORANGE WHAT TO LOOK FOR?

A blood orange can usually be told apart due to the rosy patches over the skin (though this is not true for all). You want to ensure that the skin isn't shrivelled, so you know it's as fresh as possible. Give the skin a sniff and it should smell fragrant.


### HOW TO USE THEM?

They're great in bakes and other sweet dishes where you might use oranges. Also, try making marmalade with them or use in a savoury salad where they work well with fennel, red onion and delicate cheeses, like burrata.



## Celeriac & blue cheese gratin

*This is a great winter warmer that works as a rich supper on its own, or you can share it as a side with roast chicken.*

**SERVES** 6 as a side **PREP** 20 mins  
**COOK** 45 mins **EASY** 

25g butter, plus extra for the dish  
2 banana shallots, finely sliced  
3 thyme sprigs, leaves picked  
1 garlic clove, finely grated  
250ml double cream  
250ml whole milk  
1 large celeriac, peeled and cut into 1/2cm slices  
175g blue cheese (vegetarian, if needed)

**1** Heat the oven to 180C/160C fan/gas 4. Butter a round ovenproof gratin dish (about 19cm). Melt the 25g butter in a saucepan over a low heat and fry the shallots for 5 mins before adding the thyme, garlic, cream, milk and celeriac. Stir well, then cook over a medium-low heat for 15 mins until the celeriac begins to soften.

**2** Season well, gently mix, then carefully spoon half the mixture into the gratin dish and crumble over half the blue cheese. Add the remaining celeriac and top with the remaining blue cheese. Bake for 25-30 mins until golden and the celeriac is cooked through.

**GOOD TO KNOW** calcium • folate • 1 of 5-a-day • gluten free

**PER SERVING** 409 kcal • fat 36g • saturates 23g • carbs 6g • sugars 6g • fibre 8g • protein 10g • salt 1.4g

## CELERIAC

### HOW TO STORE

Celeriac is a root veg, so you can keep it in a cool, dark place, but it will also keep for longer in the fridge. If you're growing your own, pull them at the last minute to make them last.

### HOW TO USE THEM

The aniseed flavour of celeriac can be overwhelming for some. To mellow the flavour, combine it with potato in a soup. But, if you love its distinctive flavour, use it in classic celeriac remoulade or try baking it whole. If the veg comes with the leaves attached, you can use these in salads or as a garnish.

## Pomegranate salmon

*We've used fresh pomegranate as well as molasses to get a deeper flavour in this recipe. If you're cooking for a special day, you can also double the dressing and garnish, and use a whole side of salmon to make it a centrepiece. The fillets work well with a side of steamed vegetables or couscous.*

**SERVES** 4 **PREP** 10 mins plus marinating **COOK** 20 mins **EASY** 

4 salmon fillets  
2 tbsp pomegranate molasses  
1 tbsp olive oil  
1/2 lime, juiced  
1 pomegranate, seeds only  
1/2 small bunch of parsley, finely chopped  
4 mint leaves, finely chopped  
1 small red onion, finely chopped  
couscous and steamed green veg, to serve

**1** Put the salmon skin-side down on a large baking sheet. Mix the pomegranate molasses, 1/2 tbsp olive oil and half the lime juice with a good pinch of salt and a few grinds of black pepper in a small bowl, then brush the mixture all over the flesh of the salmon. Chill for at least 20 mins, or overnight if you can.

**2** Heat the oven to 200C/180C fan/gas 6. Mix the pomegranate seeds with the parsley, mint, red onion, remaining lime juice and olive oil in a bowl, and set aside.

**3** Roast the salmon, uncovered, for 10-12 mins, until cooked through. You can check this by poking a knife into the fillet and ensuring the fish flakes easily. Top the salmon with the salsa, and serve with couscous or steamed green veg, if you like.

**GOOD TO KNOW** omega-3 • vit c • gluten free

**PER SERVING** 446 kcal • fat 24g • saturates 4g • carbs 18g • sugars 16g • fibre 4g • protein 37g • salt 0.5g

## POMEGRANATE

### WHAT TO LOOK FOR?

The skin of a pomegranate is naturally rough and leathery, but don't let this put you off – it's only past its best if it's shrivelled.

### HOW TO USE IT

Pomegranate seeds are very versatile. They can be eaten fresh, juiced or used in both sweet and savoury recipes. They're fantastic scattered over a salad, or try using them when slow cooking meats, such as beef brisket.







## NEXT LEVEL

# Crusty white loaf

photographs MYLES NEW recipe BARNEY DESMAZERY

**SERVES 8** **PREP** 30 mins plus at least 2 hrs 10 mins proving and cooling  
**COOK** 30 mins **MORE EFFORT** **V**

### THE CRUNCH

It might seem odd at first, but to achieve a crunchy crust, the best way to bake bread is in a casserole – it traps the steam, which helps produce a professional result.

### WHY

*Most basic bread recipes are written for ease, not results. You'll probably end up with a so-so loaf that lacks the deep flavour, crisp crust and crumb structure of top-quality bread. Here, we right those wrongs. This recipe might not be the easiest dough to handle – the method is unconventional and, for maximum flavour, it will take a lot longer to prepare – but the result will be the best loaf of bread you've baked at home. It's fresher, cheaper and as good as (or better) than anything you can buy from the supermarket.*

### WHAT TO BUY

500g strong white bread flour, plus extra for dusting  
4g fast-action dried yeast  
10g fine sea salt, sea salt flakes or table salt

### TIME = FLAVOUR

The longer you leave a yeasted dough to prove, the more flavour it will have and the more digestible the dough will be, which is why we've used lots of tricks to stretch out the process without over-proving the dough.

### LESS YEAST

As we've slowed down the proving process (and because we don't want the bread to taste of yeast), we've lessened the amount of it in our recipe.

### SLOW PROVE

The colder the dough is, the longer proving will take, creating deeper flavour. If you have time, do all the proving in the fridge.



**ADAPT IT**

This recipe makes a basic white bread dough, but you could knead in thyme, rosemary, chilli, olives, nuts and other grains without changing the recipe, once you've got the hang of it.

**WETTER IS BETTER**

Stiff, dry doughs are a lot easier to handle, but a wetter, stickier dough produces bigger air bubbles in the crumb and a more elastic bread.

**SEASONING**

Salt slows the gluten and yeast processes down, so by leaving it out initially, you allow the protein in the flour to form into gluten more quickly and the yeast to be fully activated.

**HIGH HEAT**

Because we're baking in a casserole and want a properly crisp crust, the oven temperature needs to be high.

**SHAPING THE LOAF**

Our loaf is round because the casserole is, but the same amount of dough can be used to make an oval loaf baked in a 900g tin – bake at 210C/190C fan/gas 6½.

**HOW TO MAKE IT**

**1** Tip the flour into a large bowl along with the yeast. Pour over 325g room-temperature water (you'll get a more accurate amount by weighing the water, but you can also use 325ml, depending on your scales), then use your hands or a spatula to mix until a dough forms. It's important that you ensure all of the flour is mixed in, including any bits around the side of the bowl. Cover with a damp tea towel and leave to rest for 30 mins.

**2** Sprinkle over the salt, then work it in by stretching the dough over the salt several times until fully incorporated. Tip out onto a lightly floured surface. Use the heel of one hand to stretch the dough while you hold it with your other hand. Then, fold the dough back onto itself, turn it 90 degrees to the left and repeat. Do this for about 5 mins, or until the dough looks shinier and immediately bounces back when rolled into a tight ball or gently poked. Roll the dough into a tight ball, cover with a damp tea towel and leave to prove at room temperature for 1 hr until doubled in size. Or, for a deeper flavour, transfer to a clean bowl, cover and leave to prove in the fridge overnight until doubled in size. Cold dough is easier to work with, so overnight is best.

**3** When the dough has doubled in size and is light and pillowy, tip it out onto a work surface and knead it a few more times to knock the air out. Gather the dough into a ball and leave to rest for 5 mins. Gently form the dough ball into a tight, rounded shape on the work surface, then tip domed-side down into a proving basket or bowl lined with a clean tea towel. Leave to prove in a warm place for 40 mins-1 hr, or in the fridge for 2-3 hrs until roughly doubled in size.

**4** Put a casserole along with its lid in the oven, then heat the oven to 230C/210C fan/gas 8. Once the oven is at temperature, remove the casserole. Flip the dough onto a square of baking parchment, slash it using a sharp knife and use the sides of the parchment to carefully lower the dough (still on the parchment) into the hot casserole. Cover with the lid. Bake for 25 mins. Remove the lid and bake for 5-10 mins more until it has a deeply golden, crisp crust and sounds hollow when tapped on the bottom. Cool on a wire rack for 40 mins before slicing. *Will keep in an airtight container for up to two days.*

**GOOD TO KNOW** vegan • low fat

**PER SERVING** 231 kcal • fat 1g • saturates 0.2g • carbs 47g • sugars 0.3g • fibre 2g • protein 8g • salt 1.2g





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# eat more veg!

Get everyone eating their five-a-day all week long  
with these vibrant veg-packed, easy-to-make meals

*recipes* MELISSA THOMPSON *photographs* MIKE ENGLISH







*Back when I had to smuggle vegetables into my greens-averse daughter, I concocted ways to secretly pack meals with good stuff. My ragu contains more veg than meat, but it's chopped small and cooked down, so no one will ever know. I double the recipe and freeze it for quick midweek dinners. And, my fridge-raid fried rice, below, is really quick and versatile – you can use most veg from the fridge – it's a surefire winner.*

## Fridge-raid fried rice

**SERVES 4** **PREP 15 mins**  
**COOK 15 mins** **EASY**

2 tbsp vegetable oil  
1 white onion, finely chopped  
1 carrot, finely chopped  
100g green beans, chopped  
1 red or yellow pepper, finely chopped  
½ medium broccoli, chopped into small florets  
150g cooked chicken (or any other meat), roughly chopped  
300g cold cooked rice  
2 eggs, beaten  
1 tbsp each sesame oil and oyster sauce  
1 spring onion, finely sliced  
1 tsp toasted sesame seeds

**1** Heat half the vegetable oil in a wok or a frying pan over a medium-high heat, and stir-fry the onions, carrots and green beans for 5 mins. Add the peppers, broccoli and chicken, and stir-fry for 3 mins more.  
**2** Tip in the rice and stir-fry for another 4 mins until all the grains of rice have separated. Push the rice and vegetables to the side, then add the remaining vegetable oil to the other. Crack in the egg and scramble briefly before stirring into the veg and chicken mixture.  
**3** Stir in the sesame oil and oyster sauce to coat, then garnish with the spring onions and sesame seeds.

**GOOD TO KNOW** healthy • low cal • folate • fibre • vit c • 2 of 5-a-day  
**PER SERVING** 388 kcals • fat 20g • saturates 3g • carbs 29g • sugars 7g • fibre 7g • protein 20g • salt 0.6g





## Chicken wraps

**MAKES 4** **PREP** 12 mins plus resting  
**COOK** 20 mins **EASY**

1 aubergine, trimmed and sliced into 5mm rounds  
½ red onion, thinly sliced  
1 tbsp olive oil  
½ tbsp cider vinegar  
2 tbsp natural yogurt  
1 tbsp tahini  
1 small garlic clove, crushed  
1½ tsp cumin powder  
½ tsp ground coriander  
1 tsp paprika  
2 chicken breasts  
1 tbsp vegetable oil  
4 flour tortilla wraps  
4 tomatoes, thinly sliced  
1 avocado, stoned, peeled and sliced

**1** Heat a dry griddle pan over a medium-high heat, and fry the aubergine rounds for 2 mins on each side until lightly coloured and char lines appear (you may need to do this in batches). Transfer to a bowl with the onions, then toss with the olive oil and vinegar.

**2** Combine the yogurt, tahini and garlic in a bowl with 1 tbsp water to loosen. Mix the cumin, coriander, paprika and some salt and pepper in a small bowl. Put the chicken on a board, cover with baking parchment and bash with a rolling pin to an even 1½cm thickness. Rub with the spice mix, leave for 10 mins, then fry in the oil for 12 mins, flipping after 8 mins. Transfer to a board, rest briefly, then slice.

**3** Warm the wraps in a dry frying pan, then fill with the tomatoes, aubergine and onion mix, avocado, chicken and tahini dressing.

### GOOD TO KNOW balanced

• low cal • fibre • 3 of 5-a-day

**PER SERVING** 429 kcs • fat 18g

• saturates 4g • carbs 38g •

sugars 8g • fibre 8g • protein 24g

• salt 1.1g







## Chickpea, spinach & almond butter bowl

**SERVES 2 PREP 5 mins**  
**COOK 20 mins EASY V**

vegetable oil, for frying  
1 large onion, finely chopped  
3 garlic cloves, crushed  
2½ cm piece of ginger, peeled and grated  
1 tsp ground coriander  
2 tsp ground cumin  
1 tsp ground turmeric  
½ tsp fenugreek seeds  
400g can chickpeas, drained and rinsed  
300ml vegetable stock  
2 tbsp unsalted almond butter  
200g spinach, roughly chopped  
cooked rice, to serve

**1** Heat some oil in a pan over a medium heat and fry the onions for 5 mins. Add 50ml water and cook for 7 mins more until just brown. Add the garlic and ginger.

**2** Combine the coriander, cumin, turmeric, fenugreek seeds and some pepper with 2 tbsp water, and tip into the pan. Cook for 5 mins more, then stir in the chickpeas.

**3** Stir in the stock and almond butter, then add the spinach and cook for 3-5 mins more until the spinach has wilted. Serve over rice.

**GOOD TO KNOW** calcium • folate • fibre • vit c • iron • 3 of 5-a-day

**PER SERVING** 356 kcs • fat 14g • saturates 1g • carbs 33g • sugars 10g • fibre 14g • protein 18g • salt 0.5g



## Tomato & halloumi slice

**SERVES 4-6 PREP 15 mins**  
**COOK 50 mins EASY V**

400g cherry tomatoes, halved  
1 yellow pepper, thinly sliced  
2 tbsp olive oil  
400g halloumi, cut into 5mm slices  
500g block puff pastry  
flour, for dusting  
2 tbsp soft cheese  
3 tsp milk  
1 garlic clove, finely grated  
1 egg yolk  
handful of basil leaves, to serve

**1** Heat the oven to 160C/140C fan/gas 3. Arrange the tomatoes and peppers on a baking tray in a single layer. Drizzle with half the oil, season with salt and roast for 25 mins.

**2** Meanwhile, heat a griddle pan over a medium heat. Lightly brush the halloumi with the remaining oil and griddle for 6 mins. Flip and cook for 3 mins more. Remove from the heat.

**3** Roll the puff pastry out on a lightly dusted surface to roughly 32 x 22cm, and about 1cm thick. Transfer to a large baking tray lined with baking parchment and score a 2cm border around the edges. Combine the soft cheese, 2 tsp milk and the garlic, and spread inside the border.

**4** Turn the oven to 200C/180C fan/gas 4. Tip away any liquid from the tray of roasted veg, then arrange the veg over the soft cheese mix. Lay the halloumi on top. Mix the egg yolk and remaining milk, then brush this over the border. Bake for 25 mins until the pastry is golden and risen. Scatter over the basil and serve immediately.

**GOOD TO KNOW** calcium • vit c • 1 of 5-a-day

**PER SERVING** (6) 622 kcs • fat 44g • saturates 23g • carbs 32g • sugars 6g • fibre 4g • protein 22g • salt 2.8g





## Hidden veg ragu

**SERVES 6** **PREP 10 mins**  
**COOK 1 hr 20 mins** **EASY** \* 📖

4 garlic cloves  
 1 red onion, roughly chopped  
 1 white onion, roughly chopped  
 2 celery sticks, roughly chopped  
 2 small carrots, roughly chopped  
 2½ tbsp olive oil  
 250g beef mince  
 250g pork mince  
 2 tbsp balsamic vinegar  
 400g can plum tomatoes

400g tomato passata  
 2 tbsp tomato purée  
 400ml chicken or beef stock  
 cooked short pasta, to serve

**1** Peel the garlic cloves and tip into a food processor with the onions, celery and carrots. Blitz until finely chopped. Heat 2 tbsp oil in a frying pan over a medium heat, and fry the veg mix until soft and translucent, about 20 mins. Meanwhile, heat the remaining oil in a second pan and fry all the mince until just brown, about 15-20 mins. Stir the vinegar

into the mince, then season and stir into the fried vegetable mix.

**2** Tip in the tomatoes, passata, tomato purée and stock. Reduce the heat to medium-low, cover and cook for 1 hr. After 30 mins (or once the oil separates), uncover so the ragu thickens. *To freeze, cool completely, then pack into freezerproof containers. Will keep frozen for up to three months. Serve over pasta.*

**GOOD TO KNOW** 2 of 5-a-day  
**PER SERVING** 281 kcal • fat 16g • saturates 5g •  
 carbs 12g • sugars 11g • fibre 4g • protein 20g •  
 salt 0.6g



# VEGETARIAN OUTDOOR LUNCH

Make the most of winter days with **Alice Hart**'s seasonal menu, ideal for enjoying al fresco with friends

*photographs* YUKI SUGIURA

**A**n outdoor lunch should be relaxed and good-tempered to make entertaining friends and family an enjoyable occasion for the cook, too. This lovely vegetarian feast is light and celebratory, but much of it can be made ahead of time, and none of it is tricky to put together – nor does it rely on a weather-dependent barbecue!

Crunchy vegetables (use whatever you love or have to hand) and toasted flatbreads are the perfect vehicles for my winning mustard-mayonnaise dip, lightened with yogurt and packed with flavour. The easy main course of baked tomato rice with aubergines and a puttanesca-inspired sauce is intended to be served warm, not hot, to make life simpler. It also makes an excellent packed lunch the following day,

eaten cold. The buttery pistachio & custard powder biscuits that are served with the fragrant passion fruit possets are a cinch to throw together using storecupboard ingredients, but you could swap them for shop-bought shortbread fingers.



Alice Hart is a food writer, chef and author who has a background in physiology and neuroscience. She has written four cookbooks to date, including *The New Vegetarian* (Square Peg).  
@alicehartcooks







## Vegetable & flatbread platter with dill & mustard dip

*You can make the dip up to 48 hours in advance to get ahead (just cover and chill until needed). The vegetable crudités can be prepped a few hours ahead, covered and chilled, too – just toss the fennel wedges with a little lemon juice first to prevent browning.*

**SERVES 6** **PREP 20 mins**  
**COOK 12-14 mins** **EASY** **V**

120g mayonnaise made with olive oil  
1 garlic clove, crushed  
20g dill, finely chopped, plus a few extra sprigs to garnish  
3 pittas  
200g Greek yogurt

1 tbsp wholegrain mustard  
1 tbsp capers, drained, rinsed, patted dry and finely chopped  
1 banana shallot, peeled, halved and finely chopped  
1 tsp light honey  
200g sugar snap or young peas in the pod  
150g asparagus, woody ends trimmed, sliced into 5cm pieces  
300g fennel bulb, trimmed and sliced into thin wedges  
150g radishes, halved if large  
150g baby carrots

**1** Heat the oven to 190C/170C fan/gas 5. Combine 20g of the mayo with half the garlic and 1 tbsp of the dill in a small bowl. Season, then brush this over the pittas. Arrange on a baking tray and bake for 12-14 mins, turning halfway, until just golden.

**2** Meanwhile, combine the remaining mayonnaise, garlic and dill with the yogurt, mustard, capers, shallot and honey. Season and transfer to a small serving bowl.

**3** Slice the warm pittas into strips and arrange on a platter with the peas, asparagus, fennel wedges, radishes, baby carrots and the bowl of dip. Garnish with some extra dill sprigs, then serve.

**GOOD TO KNOW** 2 of 5-a-day  
**PER SERVING** 340 kcals • fat 20g • saturates 4g • carbs 28g • sugars 8g • fibre 5g • protein 9g • salt 0.9g

## Roast puttanesca aubergines with tomato rice & feta

*This is such a flavourful recipe, and would be just as worthy of a celebratory supper as it would a simple al fresco lunch. You can barbecue the aubergines if you like – cut them into long slices, brush with the oregano and oil as directed, then barbecue or griddle until charred and tender before piling on top of the baked rice and scattering with the feta and tomato mixture.*

**SERVES 6** **PREP 30 mins**  
**COOK 1 hr 40 mins** **EASY** **V**

3 tbsp olive oil (or use the oil from the sundried tomato jar, below)  
3 medium banana shallots or 1 small red onion, finely chopped  
300g easy-cook long-grain brown rice  
1 tbsp tomato purée  
2 garlic cloves, finely chopped  
5 sundried tomatoes in oil, drained and finely sliced  
400g can chopped tomatoes  
1 vegetable stock cube or 2 tsp vegetable bouillon powder  
3 large aubergines, halved lengthways  
1 tbsp finely chopped oregano, or use ½ tsp dried oregano  
3 tbsp capers, drained and rinsed

100g black olives, pitted and chopped  
60g pine nuts, toasted  
30g basil, chopped, plus a few extra leaves to garnish  
200g feta, crumbled  
250g cherry tomatoes, quartered  
2 tbsp balsamic vinegar  
extra virgin olive oil, for drizzling (optional)  
green leafy salad, to serve (optional)

**1** Heat the oven to 190C/170C fan/gas 5. Heat 1 tbsp of the oil in a saucepan over a medium heat and cook the shallots with a pinch of salt for about 8 mins, stirring until softened. Add the rice and tomato purée, stirring to coat the rice in the oil for about 1 min. Tip the mixture into a medium baking dish, about 20 x 30cm, then add the garlic and sundried tomatoes.

**2** Tip the chopped tomatoes and 500ml water into the pan, using some of the water to swill out the tomato can. Add the stock cube and return the pan to the heat, stirring to help dissolve the stock. Bring to the boil and carefully pour over the rice mixture in the baking dish. Cover tightly and bake for 1 hr 30 mins until all the liquid has been absorbed and the rice is golden at the edges.

**3** Meanwhile, score the cut sides of the aubergine halves in a diamond

pattern, being careful not to cut through the skin. Scatter the oregano over the aubergine flesh and season. Lightly brush or rub with the remaining oil, pushing the seasoning into the cuts. Put the aubergines in a large baking dish or roasting tin, flesh-side up. When the rice has been in the oven for 15 mins, put the aubergines on a lower shelf to bake for 45 mins, covered, then a further 30-35 mins, uncovered, until golden and soft. Remove both dishes from the oven, cover and set aside.

**4** Combine the capers, olives, pine nuts and basil in a bowl. Stir half through the baked rice using a fork to fluff the rice up slightly. Add the feta and cherry tomatoes to the remaining mixture and season with black pepper. Spoon the rice onto a large serving platter and top with the aubergine halves. Spoon the feta mixture over the aubergines, drizzle with the balsamic vinegar and garnish with the extra basil leaves. Drizzle with a little extra virgin olive oil, if you like, and serve with a green leafy salad.

**GOOD TO KNOW** fibre • 2 of 5-a-day  
**PER SERVING** 483 kcals • fat 23g • saturates 6g • carbs 50g • sugars 10g • fibre 8g • protein 14g • salt 2.3g







## Passion fruit posset with pistachio-custard biscuits & fresh pineapple

*Fresh passion fruit makes a divine posset that's creamy, tart and perfumed – definitely worth a try if you've only had citrus versions before. Look for well-wrinkled fruits or buy them in advance and use when shrivelled and fragrant.*

**SERVES** 6 (makes 12 biscuits)

**PREP** 30 mins plus at least 4 hrs chilling **COOK** 15 mins **EASY** **V**

6 large passion fruits, halved and pulp scooped out  
2 large limes, juiced (you'll need 70ml juice)  
600ml double cream  
120g golden caster sugar  
450g ripe pineapple, cored and finely sliced (prepared weight)

### For the biscuits

60g unsalted butter, softened  
25g icing sugar, sifted  
30g custard powder  
50g plain flour

½ tsp vanilla bean paste or extract (optional)  
50g unsalted shelled pistachios, finely chopped

**1** Measure 100ml passion fruit pulp into a jug (reserving the rest), add the lime juice, stir, then set aside. Combine the cream and sugar in a medium saucepan set over a low heat and stir for 2 mins to dissolve the sugar. Turn the heat up to medium and bring to the boil. Simmer for 2 mins, then remove from the heat and immediately stir in the passion fruit and lime juice mixture. Divide evenly between six 175-200ml cups or glasses – do this quickly, as the mixture will start to thicken. Leave to cool for 10 mins, then chill for at least 4 hrs or overnight. *The possets can be made up to three days ahead and chilled.*

**2** To make the biscuits, heat the oven to 180C/160C fan/gas 4 and line a large baking tray with baking parchment. Beat the butter and icing sugar together for 1 min in

a medium bowl using a wooden spoon. Stir in the custard powder, flour, vanilla (if using) and chopped pistachios to make a soft dough. Roll the dough into 12 walnut-sized balls and arrange on the baking tray, well-spaced out. Flatten the balls slightly with your palm or the base of a glass, then press down in the centre of each with the tines of a fork. Bake for 10-12 mins until very pale golden. Leave to cool on the tray for 10 mins then transfer to a wire rack to cool completely. *The biscuits will keep in an airtight container for five days.*

**3** Spoon the remaining passion fruit pulp over the possets and serve with the biscuits and pineapple slices.

**GOOD TO KNOW** vit c • 1of 5-a-day

**PER SERVING** 815 kcs • fat 66g • saturates 39g • carbs 48g • sugars 36g • fibre 4g • protein 5g • salt 0.2g



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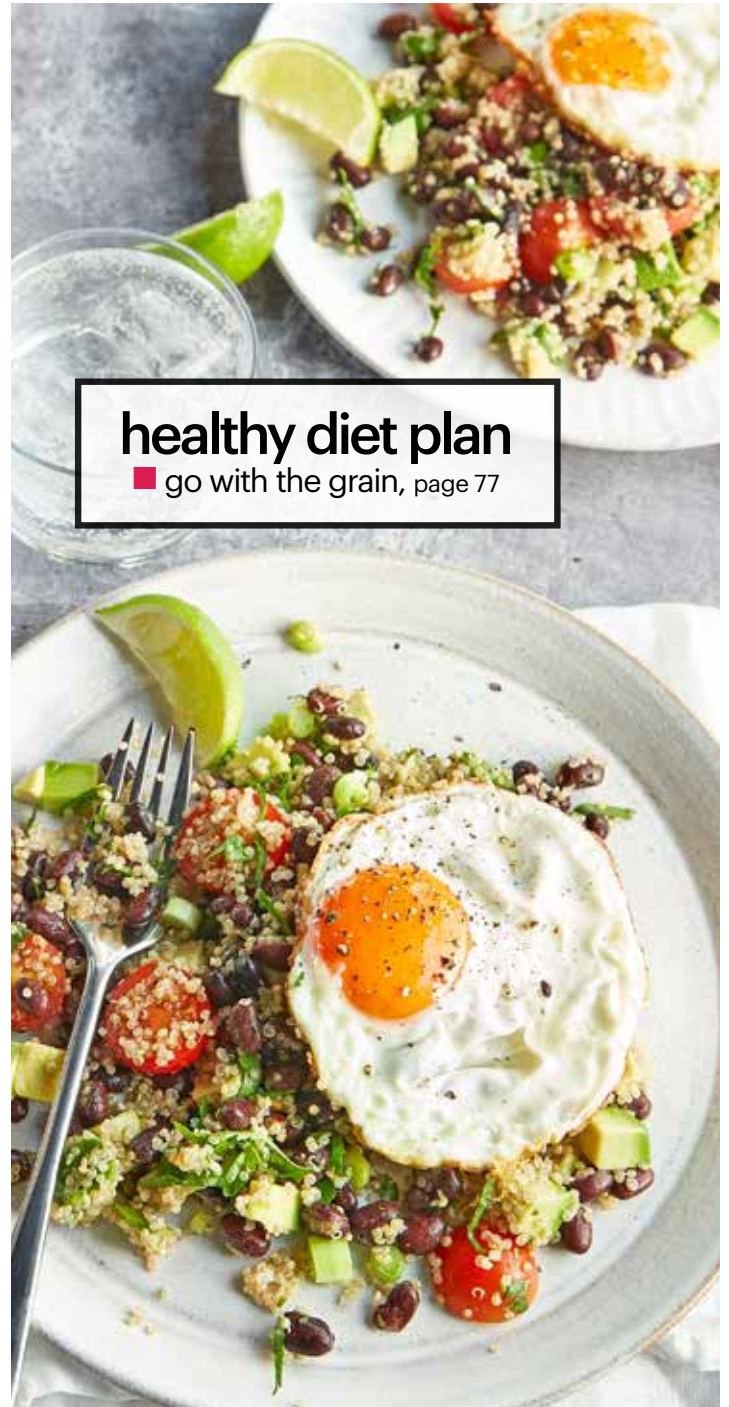
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# Make the most of your AIR FRYER

With reported benefits for health and energy bills, sales of this gadget have soared. Discover our favourite ways to use it

*recipes* SAMUEL GOLDSMITH

**O**ften touted as a way to cook healthier meals, they circulate hot air efficiently to achieve a 'fried finish' that's similar to deep-frying, but without all the oil. They also heat up very quickly and can be more energy efficient than most ovens, although that depends on the model and your energy provider.

Try using an air fryer to cook potato-based classics, including chips and roasties, plus meats such as chicken thighs, bacon and sausages. You can even cook more complex desserts in an air fryer, such as doughnuts. The real win is the golden, crispy finish you can achieve by using it.

However, this nifty bit of kit cannot be used to cook everything. There are also some items that shouldn't be air-fried for safety reasons, such as popcorn and sauce-based dishes.

## Air-fried bacon

*The perfect bacon sandwich starts here, with all the texture and flavour you'd hope for.*

**MAKES 3-6 pieces PREP 2 mins**

**COOK 4-10 mins EASY**

**6 rashers streaky bacon, or  
3 rashers back bacon**

**1** Lay the bacon in a single layer in the base of an air fryer – be sure the rashers aren't overlapping. The size of the basket will determine how many you can cook at one time.

**2** Set the air fryer to 200C and cook streaky bacon for around 6-10 mins – just-cooked will take 6 mins, but crispier bacon will take 9-10 mins. Cook back bacon rashers for 4-8 mins, according to your preference. If cooking in batches, remember that the second batch will usually be quicker as the air fryer has already heated up.

**3** Remove using tongs and drain on kitchen paper before serving as-is or in a sandwich.

**GOOD TO KNOW** gluten free

**PER SERVING** 74 kcal • fat 6g • saturates 2g • carbs none • sugars none • fibre none • protein 6g • salt 0.9g







## Air-frying: the basics

Here are our top three tips to help you get started with air-frying

### 1 Don't overfill

Be careful not to overfill the basket. This can result in uneven cooking and leave you with soggy food at the bottom. If you want to cook larger portions, look for an air fryer with a bigger capacity.

### 2 Distribute ingredients evenly

Try to keep the food in an even layer, as this will ensure the heat circulates and makes the food crisp. If you need to, give the food a shake halfway through cooking.

### 3 Be wary of the heating element

Make sure that nothing gets too close to the heating element, as this can easily burn and create a safety hazard.

### Herby salmon

*The fillets cook beautifully in an air fryer, and the herb seasoning brings out their natural flavour. Serve with greens and grains.*

**SERVES 4** **PREP 5 mins**  
**COOK 10 mins** **EASY**

1 tsp mixed herbs  
1 tsp garlic granules (optional)  
4 salmon fillets (we used 4 x 130g fillets), skin left on or removed, according to preference  
½ tbsp olive oil  
cooked seasonal greens and grains, such as quinoa or brown rice, to serve (optional)

**1** Combine the herbs and garlic granules, if using, with 1 tsp salt and 1 tsp pepper in a small bowl. Scatter onto a plate. Rub the salmon fillets with the olive oil and roll in the seasoning to coat.

**2** Arrange the fillets in the air-fryer basket in a single layer and cook at 180C for 8-10 mins until cooked through. If you have larger salmon fillets, they will need to be cooked for longer – keep checking after 10 mins and cook in 1-2 min blasts until ready. Serve with seasonal greens and quinoa or rice, if you like.

**GOOD TO KNOW** omega-3 • gluten free  
**PER SERVING** 264 kcal • fat 17g • saturates 3g • carbs 0.1g • sugars none • fibre 0.1g • protein 27g • salt 1.4g







### Air-baked potatoes

*Just like an oven-baked potato, an air fryer delivers a golden crunch that gives way to a fluffy middle.*

**SERVES 4** **PREP** 2 mins

**COOK** 50 mins **EASY** **V**

4 baking potatoes (about 250g each)

½ tbsp sunflower oil

toppings of your choice, such as butter, cheese, baked beans or tuna mayonnaise (optional)

**1** Scrub the potatoes, then pat dry with kitchen paper. Transfer to a plate, drizzle over the oil and rub it into the skins using your hands so the potatoes are well-coated. Season with salt and pepper – the salt will help the skins crisp up.

**2** Arrange the potatoes in a single layer in an air-fryer basket. Set the air fryer to 200C and cook for 40-50 mins, or until a sharp knife goes through the potatoes easily. Check after 20 mins – if they seem to be browning too quickly on one

side, turn them over using tongs, then check again after another 20 mins to ensure they're cooked through. When ready, the skin should be crisp and the inside tender and fluffy. Split and serve immediately with the toppings of your choice, such as grated cheddar and baked beans.

**GOOD TO KNOW** vegan • healthy • low fat • gluten free

**PER SERVING** 206 kcal • fat 2g • saturates 0.4g • carbs 40g • sugars 3g • fibre 5g • protein 5g • salt 0.01g



## Crispy chicken thighs

*Cooking these in an air fryer offers a speedy way to achieve succulent meat with deliciously crisp skin. A spicy coating makes the perfect finishing touch.*

**SERVES 4 PREP 2 mins**

**COOK 25 mins EASY**

1 tsp paprika

½ tsp mixed herbs

½ tsp garlic granules (optional)

4 bone-in chicken thighs

1 tsp olive oil

potatoes and roasted veg, to serve

**1** Combine the paprika, herbs, garlic granules (if using), ½ tsp salt and ½ tsp black pepper in a small bowl. Scatter onto a plate. Rub the chicken thighs with the oil, then turn to coat in the spice mix.

**2** Arrange the chicken thighs in a single layer in the basket of the air fryer and cook, skin-side down, for 10 mins at 180C. Use tongs to turn the chicken and cook for a further 10-15 mins until the skin is crisp and the meat is cooked through. Check by piercing the thickest part of the thigh with a knife to see if the juices run clear. If not, cook for a further few mins, then remove from the air fryer and serve straightaway to keep the skin from softening. Serve with potatoes and roasted veg, if you like.

**GOOD TO KNOW** gluten free

**PER SERVING** 88 kcals • fat 5g •

saturates 1g • carbs none • sugars none •

fibre 0.3g • protein 11g • salt 0.7g





gf

## healthy diet plan

## currying flavour

This low-fat version of chicken saag is not only flavourful, it packs in three of your five-a-day

recipe SARA BUENFELD photograph KAREN THOMAS

## Chicken saag

*While chicken breasts are low in fat, they can often be a bit dry if cooked long and slow. Our secret is to treat this curry a bit like a stir-fry – the meat stays tender, and better still, it's on the table in no time.*

**SERVES 2** **PREP 10 mins**

**COOK 30 mins** **EASY** \*

FIBRE

3 OF  
5-A-DAY

IRON

- 2 tsp rapeseed oil
- 1 onion (200g), finely chopped
- 10g ginger, peeled and finely chopped
- 2 large garlic cloves, finely chopped
- ½ tsp cumin seeds
- 1 tsp ground coriander
- 2 tsp garam masala
- ½ tsp ground turmeric
- 2 skinless chicken breast fillets (300g), trimmed of any fat and cut into pieces
- 2 tomatoes, chopped
- 1 tbsp tomato purée
- 160g baby spinach, chopped
- 3 tbsp bio yogurt

## For the rice

- 120g brown basmati
- ¼ tsp ground turmeric
- 3 cardamom pods, crushed and seeds removed

**1** Put the rice, turmeric and cardamom seeds in a pan with a pinch of salt and enough water to generously cover the rice. Put the lid on and simmer for 20 mins. Turn off the heat and set aside.

**2** Meanwhile, heat the oil in a large pan over a low-medium heat and tip in the onion, ginger and garlic. Cover and cook for 5 mins until starting to brown. Stir well, then

add the spices and continue to cook briefly until toasted and fragrant.

**3** Tip in the chicken and stir-fry for a few minutes. Add the chopped tomatoes, tomato purée and spinach. Cook, stirring for 5 mins until the spinach has wilted. *At this stage, you can remove the curry from the heat, cool completely and freeze for up to three months. Defrost fully before reheating.* Stir in the yogurt, then heat through for 1 min. Drain the rice, if required, and serve with the chicken.

**GOOD TO KNOW** healthy • low fat  
calcium • folate • fibre • vit c • iron •  
3 of 5-a-day • gluten free

**PER SERVING** 562 kcs • fat 14g  
• saturates 4g • carbs 60g •  
sugars 14g • fibre 8g  
protein 46g • salt 0.4g





## gf healthy diet plan

## go with the grain

Quinoa, a rich source of protein, is combined with black beans and avocado for a nutritious lunch

recipe SARA BUENFELD photograph MELISSA REYNOLDS-JAMES

### South American-style quinoa with fried eggs



**SERVES 2** **PREP 10 mins**  
**COOK 20 mins** **EASY V**

75g quinoa  
400g can black beans, drained  
½ tsp ground cumin  
½ tsp ground coriander  
1 lime, zested and juiced, plus extra wedges to serve  
1 tsp cider vinegar  
160g cherry tomatoes, halved  
1 small avocado, stoned, peeled and roughly chopped  
2 tbsp finely chopped coriander  
3 spring onions or ½ small red onion, finely chopped  
rapeseed oil, for frying  
2 medium eggs

**1** Put the quinoa in a small pan with 250ml water and bring to the boil. Reduce the heat to low, cover and gently simmer for 15-20 mins, stirring occasionally until most of the water has been absorbed and the grains have doubled in size (if there's any water left in the pan, drain well). Tip into a bowl and stir through the beans, spices, lime zest and juice, and vinegar. Stir well, then add the tomatoes, avocado, coriander and onion, and divide between two serving plates.

**2** Heat a drop of oil in a non-stick frying pan and fry the eggs until the whites are set with a crispy edge but the yolks are still runny. Serve the quinoa topped with the eggs.

**GOOD TO KNOW** healthy • low cal • fibre • iron

• 3 of 5-a-day • gluten free

**PER SERVING** 468 kcal • fat 21g • saturates 4g • carbs 37g • sugars 6g • fibre 15g • protein 25g • salt 1g



The logo features the BBC logo in a gold box, followed by 'goodfood' in a large, lowercase, gold serif font. To the right of 'goodfood' is 'Middle East' in a smaller, gold sans-serif font. Below this, 'MAGAZINE AWARDS' is written in a large, uppercase, gold serif font, and '2022' is in a slightly smaller, uppercase, gold serif font. The entire text is framed by two concentric, gold, semi-circular lines.

# **BBC** **goodfood** Middle East **MAGAZINE AWARDS 2022**

Comprised of over 50 individual categories, the *BBC Good Food Middle East Magazine Awards* honours the finest in hospitality and dining across the Middle East. Now in its 13th year running, the awards - voted by our readers - are a true representation of consumer favourites, based on an establishment's food quality, price, ambience and service.

The *BBC Good Food Middle East Magazine Awards 2022* ceremony was held at The Ritz Carlton, Dubai on December 8, 2022. Chefs, restaurateurs, and hoteliers gathered for an evening to remember, filled with festive cheer and entertainment.

Here, we share the winners and a glimpse into the spectacular evening. We look forward to seeing you next year!





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## AFTERNOON TEA UAE



**WINNER**

Mashrabiya Lounge,  
Fairmont The Palm

## AMERICAS & CARIBBEAN RESTAURANT UAE



**WINNER**

Ribs & Brews, Hilton Dubai  
Al Habtoor City

## BAKED GOODS & PASTRY UAE



**WINNER**

HERE-O Donuts

## BEACH CLUB UAE



**WINNER**

February 30



## BEST CAFE UAE



**WINNER**

Café Bateel

## BRITISH RESTAURANT ABU DHABI



**WINNER**

Oak Room,  
The Abu Dhabi EDITION

## BRITISH RESTAURANT DUBAI



**WINNER**

Hell's Kitchen,  
Caesars Palace Bluewaters Dubai

## BURGER JOINT UAE



**WINNER**

SLAW



**BUSINESS LUNCH UAE**



**WINNER**

Mosaic Lebanese Restaurant

**CASUAL BRUNCH ABU DHABI**



**WINNER**

Garage, W Abu Dhabi - Yas Island

**CASUAL BRUNCH DUBAI**



**WINNER**

Seven Sisters

**CASUAL DINING RESTAURANT  
GCC**



**WINNER**

SeaSalt, Alila Hinu Bay



CASUAL DINING  
RESTAURANT UAE



WINNER

Nando's

DIET-FRIENDLY  
RESTAURANT UAE



WINNER

Vibe Café

EXPERIENTIAL  
DINING UAE



WINNER

The Theater

FAMILY BRUNCH UAE



WINNER

Certo, Radisson Blu Hotel,  
Dubai Media City



## FAVOURITE TAKEAWAY UAE



**WINNER**

Allo Beirut

## FINE DINING BRUNCH ABU DHABI



**WINNER**

COYA

## FINE DINING BRUNCH DUBAI



**WINNER**

Maiden Shanghai,  
FIVE Palm Jumeirah

## FINE DINING RESTAURANT ABU DHABI



**WINNER**

Villa Toscana,  
The St. Regis Abu Dhabi



**FINE DINING  
RESTAURANT DUBAI**



**WINNER**

Amelia Dubai

**FINE DINING  
RESTAURANT GCC**



**WINNER**

Rasoi by Vineet

**FINE DINING RESTAURANT  
NORTHERN EMIRATES**



**WINNER**

Seascape Restaurant, Wyndham  
Garden Ajman Corniche

**FOOD RETAILER UAE**



**WINNER**

Kibsons



## FRENCH RESTAURANT UAE



**WINNER**

BQ - French Kitchen & Bar,  
Habtoor Palace Dubai

## GASTROPUB & SPORTS BAR UAE



**WINNER**

TJ's, Taj Jumeirah Lakes Towers

## GREEK RESTAURANT UAE



**WINNER**

ZOE Modern Greek Kouzina

## HOMEGROWN COFFEE ROASTERY UAE



**WINNER**

RAW Coffee Company



## HOMEGROWN RESTAURANT UAE



WINNER

PLAY Restaurant & Lounge,  
The H Dubai

## INDIAN RESTAURANT UAE



WINNER

The Crossing, The H Dubai

## ITALIAN RESTAURANT UAE



WINNER

Lucia's

## JAPANESE RESTAURANT UAE



WINNER

TABŪ Dubai



## KOSHER RESTAURANT UAE



**WINNER**

Armani/Kaf,  
Armani Hotel Dubai

## LEBANESE RESTAURANT UAE



**WINNER**

Café Beirut

## LOCAL FOOD BRAND UAE



**WINNER**

Dibba Bay Oysters

## MEXICAN RESTAURANT UAE



**WINNER**

Maya Mexican Kitchen + Bar,  
Le Royal Méridien Beach Resort & Spa



## MIDDLE EASTERN RESTAURANT UAE



WINNER

Asil

## NEW RESTAURANT UAE



WINNER

Tamoka

## PAN AFRICAN RESTAURANT UAE



WINNER

Hurricane's Grill Dubai

## PAN ASIAN RESTAURANT UAE



WINNER

Hong Loong, Sofitel Dubai The Palm



## PIZZA JOINT UAE



WINNER

Moon Slice

## POOL LOUNGE UAE



WINNER

AURA Skypool Lounge

## SEAFOOD RESTAURANT UAE



WINNER

The MAINE

## SPANISH RESTAURANT UAE



WINNER

MYRRA



STAYCATION  
EXPERIENCE GCC



WINNER

Anantara Al Jabal Al Akhdar Resort

STAYCATION  
EXPERIENCE UAE



WINNER

Anantara World Islands Dubai Resort

STEAKHOUSE & GRILLS UAE



WINNER

Bull & Bear, Waldorf Astoria Dubai  
International Financial Centre



## THAI RESTAURANT UAE



**WINNER**

Benjarong Restaurant, Dusit  
Thani Dubai

## THEMED MEAL UAE



**WINNER**

Level Seven, V Hotel Dubai, Curio  
Collection by Hilton



## TURKISH RESTAURANT UAE



WINNER

Bosporus

## RESTAURANT OF THE YEAR



WINNER

TABŪ Dubai











# PRO CHEF OF THE YEAR 2022

The prestigious *Pro Chef of the Year Award 2022* saw three UAE-based chefs battle it out in a professional live cooking competition. The award, with a history of ten consecutive years, continues to foster and highlight the achievements of chefs in the region



**CHRISTIAN SALIN**

*Caesars Palace Dubai*

## Meet our finalists!

**HERI FITRIYANTO**

*Buddha-Bar, Grosvenor House,  
A Luxury Collection Hotel, Dubai*

**MIKHAIL TOLKACHEV**

*FIVE Hotels and Resorts*

The competition put the skills of three contesting chefs to the ultimate test through a mystery ingredient cook-off, sponsored by Kibsons International, followed by a blind tasting judged by a panel of industry experts. Each chef had three hours to plan and prepare a three-course menu comprising a starter, main course and dessert.

Held at International Centre for Culinary Arts – ICCA Dubai, the chosen chefs were judged on the following criteria: Creativity, Presentation, Taste, Technique, Time management, and Use of Ingredients. The courses were tested by judges Sergio Freitas, Chef Instructor at ICCA Dubai, Jamal Hussain, Managing Director at Kibsons International, and Michael Kitts, the Director of Culinary Arts at The Emirates Academy of Hospitality Management.

After an exhilarating competition, the winner was unveiled at the *BBC Good Food Middle East Magazine Awards 2022* gala ceremony on December 8, 2022. The winner taking the title of *The Pro Chef of the Year Award 2022* is Christian Salin from Caesars Palace Dubai, who also wins a two-night complimentary stay at JW Marriott Mauritius.

Take a look at the behind-the-scenes action from the *Pro Chef of the Year 2022* competition!

















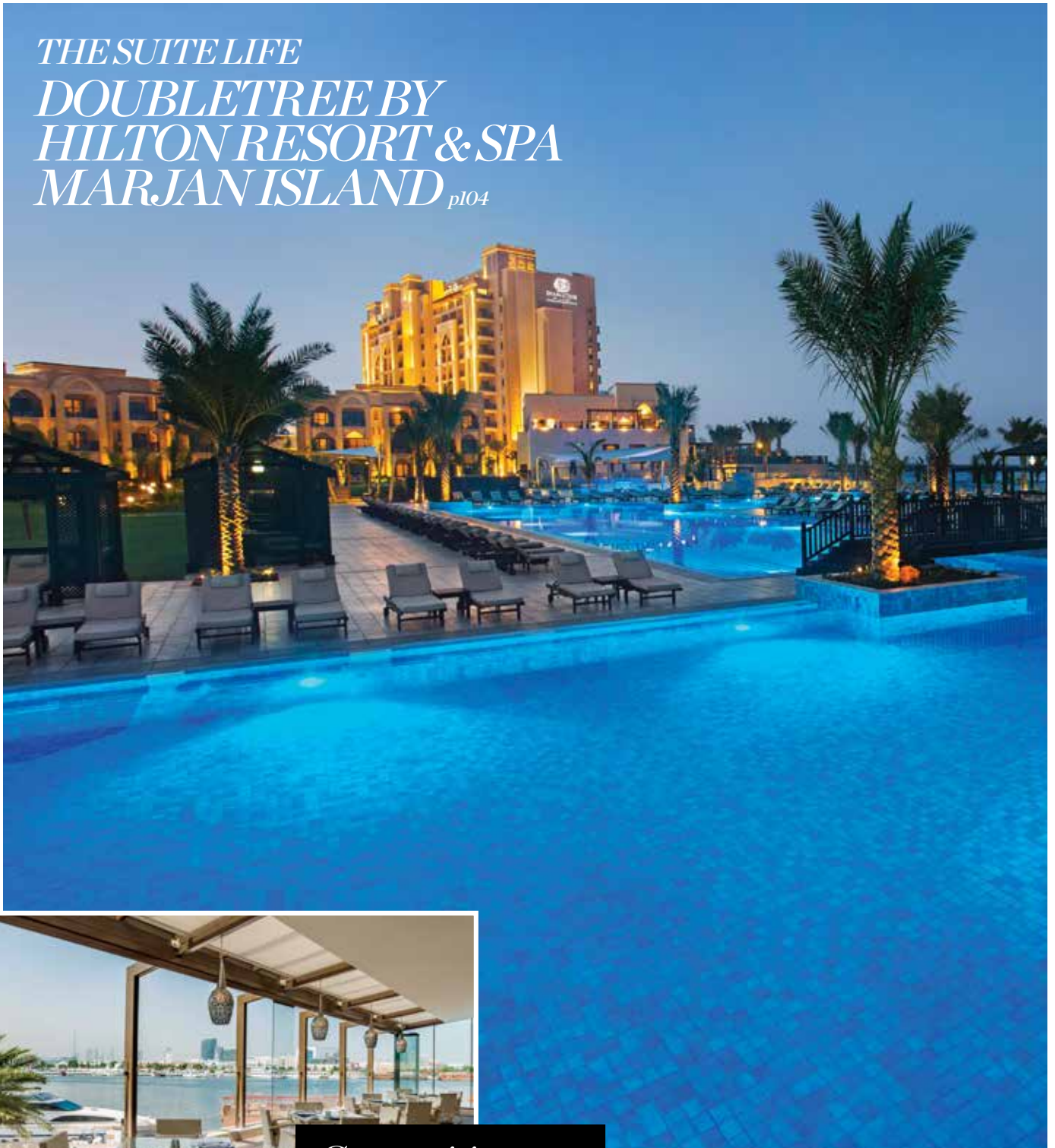
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# GOURMET LIFESTYLE

*THE SUITE LIFE*  
*DOUBLETREE BY*  
*HILTON RESORT & SPA*  
*MARJAN ISLAND* p104



*Competitions,* p107



# *THE SUITE LIFE*

Experience DoubleTree by Hilton Resort & Spa Marjan Island,  
an expansive beachfront hotel on Marjan Island







Situated within eight kilometres of a range of Ras Al Khaimah's top leisure spots including Al Hamra Golf Club

and Al Hamra Mall, the resort is also a 30-minute drive from some of RAK's top hikes, including Wadi Naqab. DoubleTree by Hilton Resort & Spa Marjan Island has plenty on offer for kids, including an outdoor playground, Pirate Boat Aqua Zone, and a 'Tarzan Boat' floating waterpark. With great dining and five-star facilities, the resort has everything you need and more. The biggest compliment I can give the resort is that only by the time we left did I actually realise that I hadn't ventured out of the resort all weekend – as an avid explorer, hiker and sightseer, that's saying something.

#### ACCOMMODATION

Following arrival and check-in, we were transported from the hotel lobby to our room via golf buggy – a necessary novelty, as the resort is large – which creates an immediate sense of luxury.

We checked into the King Bay Club Sea Front room with beach access – the room was very spacious for two adults and the short walk from the ground floor terrace to the beach really lets you make the most of the resort's beachfront setting. The bathroom was the real highlight of this room option – hugely spacious with ultra-modern fittings, a bidet and a large bath. Rooms come in





a variety of other options including garden access, sea view, and balcony.

### CULINARY OFFERINGS

The resort has a wide variety of bases covered when it comes to F&B, with Turkish, Asian, British, Arabic, and Italian cuisine throughout its restaurants. Hosted every Friday from 1-4 pm across five dining venues and priced from AED 299, the Islander's Brunch is where the resort's cuisine really comes into its own. The brunch boasts – it'd probably be easier to list cuisines it doesn't actually cater for – fishmongers, a vegan station, a pasta station, premium outdoor bbq (and indoor grilled shellfish station) and 30 types of cheese. Islanders doesn't take itself too seriously, offering a selection of tower concoctions, live singers and staff bringing a selection of drinks to your table.

You couldn't help but be impressed with the culinary highlights and terrace setting at Islanders – succulent

BBQ eats including grilled lamb and steak, exquisite grilled lobster, and a fresh fish station offering 10 types of cooked-to-order fish including sea bass, halibut and tuna. Islander's afterparty takes place upstairs at the delightful rooftop Anchor Bar – also a great spot for a couple of sundowners throughout the week – from 4-8pm.

Walk across the resort and its 650-metre beach and the large outdoor dining terrace with sea views is a lovely spot for dinner. There, we were welcomed at Meze, the newly opened Turkish and Lebanese restaurant offering diners authentic cuisine on a terrace with views taking in Marjan Island and mainland RAK. Meze does a great job of Lebanese staples, including excellent cold mezze (the nature's in the name).

Further down the terrace is Sanchaya Asian restaurant – another venue that benefits from its idyllic Marjan seafront

location and specialises in a range of sushi dishes. DoubleTree by Hilton Resort & Spa Marjan Island's All Day Dining

also serves a variety of international dishes and local specialties at its buffet, with live cooking elements to satisfy all tastes. It also hosts an a la carte service for breakfast and assisted buffet for lunch and dinner.

### FACILITIES

As well as a new padel court, spa, and indoor and outdoor pools, the resort offers a fitness centre and seven temperature-controlled swimming pools, including an indoor pool and 2 children's pools. For those really wanting to get into staycation mode, the resort boasts a spa with seven treatment rooms.

### INSIDER TIP

The adults-only pool is the perfect spot for anyone hoping to truly unwind – you haven't lived until you've zonked out on one of the many bed-sized floating bean bags that adorn the pool. With a pool bar and all-day dining in close proximity, you're well and truly catered for if you decide to camp out here for the day.

### BOOK NOW!

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# COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



## DINNER FOR TWO AT SOCIAL, WALDORF ASTORIA DUBAI PALM JUMEIRAH, WORTH AED1,000

Dine at Social with an exquisite three-course set menu dinner by Chef Carmine featuring authentic Italian cuisine with grape pairing at Social. The relaxing ambience with picturesque views of Dubai makes it ideal for everyday dining and special occasions.



## SHOPPING VOUCHER AT DEPACHIKA, WORTH AED750

Find yourself an exquisite Depachika hamper filled with gourmet items including boutique jam, specialty chocolate, authentic pasta, premium olive oil, unique pantry provisions and much more. The variety of condiments spans across Southeast Asia, Greece, Italy, Portugal and Belgium.



## DINING VOUCHERS AT NEAT BURGER, WORTH AED1,000

Leonardo DiCaprio and Lewis Hamilton-backed restaurant, Neat Burger, is renowned for its premium quality plant-based burgers. Four lucky winners will receive an AED250 voucher each to experience the lip-smacking menu.



## SUNDAY ROAST FOR TWO AT OAK ROOM, ABU DHABI EDITION, WORTH OVER AED750

Indulge in a lavish four-course feast with Oak Room's signature sourdough marmite and sharing-style seasonal salads, followed by a decadent taste of the Salmon Wellington and mains featuring roasted Striploin of Beef and Lamb Saddle. End on a sweet note with Sticky Toffee Pudding and Apple and Blackberry Crumble. Here's your chance to win a voucher for two for the Oak Room Sunday Roast.





**SATURDAY BRUNCH DI MARE AT VERO, HILTON DUBAI JUMEIRAH, WORTH OVER AED550**

A Saturday brunch for two awaits you and your dining partner at the coastal Italian restaurant VERO, offering unbeatable views of Ain Dubai as well as the signature seafood tower, juicy meat selection, freshly baked pizza trolleys and an indulgent dessert platter.



**DINING VOUCHER AT VIVALDI, WORTH AED500**

Nestled in the iconic Sheraton Dubai Creek Hotel & Towers, dine at the authentic Italian restaurant offering idyllic skyline views of the city, a host of sumptuous set menus and an evening brunch. The menu boasts specialties such as Antipasti, Insalata, Zuppe, and Pasta e Risotti.



**WEEKEND BREAKFAST FOR TWO AT CHIVAL, LA VILLE HOTEL & SUITES, WORTH AED500**

Calling all breakfast lovers! Feast on Chival's newly launched menu brimming with Asian-inspired and vegan breakfast offerings. Invite your dining partner and make your way to Chival for unlimited food and beverages while seated indoors or dine al fresco at the lush courtyard seating area.



**A GASTRONOMIC DINING EXPERIENCE AT TABLE OTTO, WORTH AED500**

Embark on a culinary journey with Bombay Borough, an Table Otto offers exquisite, flavourful dishes showcasing Italian, French and Mediterranean cuisines for guests to enjoy a culinary experience with a relaxing ambience - perfect for friends and family. Diners can look forward to a vast array of distinct dishes as well as refreshing drinks.



To be in with a chance of winning these prizes, visit our competitions page on [bbcgoodfoodme.com](http://bbcgoodfoodme.com), or simply scan this QR code with your mobile to directly to the website.

\*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



# Culinary Workshops & Coffee Mornings

Want to introduce your culinary offerings, restaurant, chef or FMCG/CPG brand to our targeted foodie audience? Let **BBC Good Food ME** source the perfect venue, manage the guest list and take care of everything you need to showcase your concept to our loyal community via a fun, foodie event.



For more information, email [info@cpimediagroup.com](mailto:info@cpimediagroup.com)



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AT THE BEACH



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CALERIA**  
Kitchen & Lounge

*Pavilion*  
at THE BEACH